

THE

DEFENDER

The student publication of St. Michael's College

Check us out online at
www.smcvt.edu/defender

Drastic Changes to the 2010/11
Men's Basketball Roster. *Page 26*

The Ride of Her Life:

First-Year Katie Hodges
Comes in Fourth in
World Championship Class
at Grand National & World
Championship Morgan
Horse Show *Page 3*

Swipe Card System Threatens
Privacy on Campus. *Page 4*

Senior Jake Spillane Copes with
the Roughness of Rugby. *Page 19*

October 19, 2010

ST. MICHAEL'S COLLEGE, COLCHESTER, VT.

Vol. 29 , Issue No. 6

News

Horse Champ.....	3
Alumnus Lost.....	4
News Briefs.....	5
Four-Four.....	5
Privacy.....	6
Ill Abroad.....	7
SAT.....	8
350 Rally.....	9

Columns

Better Climate.....	12
Studying Abroad.....	12
Family Matters.....	16
Hungry Knights.....	17
Calendar.....	17

Naked Opinion

Theme: Danger.....	13
Naked Eye.....	14-15

Features

Common Ground.....	18
Jake Spillane.....	19
Campus Cookin'.....	20
New Band.....	21
Drunk Driving.....	22
Horoscopes.....	23

Sports

Full Stride.....	25
Basketball.....	26
Knight Writer.....	27

Cover Photo by Debbie Hodges

Check Us Out on the Web

The Defender online showcases student-made multimedia projects

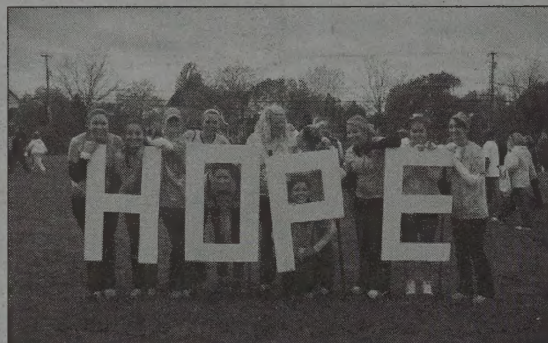


Photo by a Making Strides Volunteer

Check out an online multimedia project on Sunday's Breast Cancer Walk.



Photo by Aprille Thomas

Visit Defender online to view a multimedia on the recent Farmer's Market.

Visit The Defender Online

<http://journalism.smcvt.edu/defender>



Photo by Erik Osborne

Go online and check out a multimedia presentation showcasing the Pumpkin Regatta.

SECURITY LOG

Excerpts from Oct. 5-17 reports provided by St. Michael's College Office of Safety and Security

Getting Crazy in Joyce Hall?

- ▶ 3 Drug and Alcohol Violations
- ▶ 2 Drunkenness Violations
- ▶ 1 Theft
- ▶ 1 Noise Complaint

Tuesday, Oct. 5

3:14 a.m. Unlawful Entry: Residence: Purtil Hall

Thursday, Oct. 7

11:58 p.m. Drug Violation: Odor Complaint: Joyce Hall

11:58 p.m. Drug Violation: Possession: Joyce

Friday, Oct. 8

12:10 a.m. Drunkenness: Released to Responsible Party: Joyce Hall

12:35 a.m. Alcohol Violation: Joyce Hall

Sunday, Oct. 10

12:33 a.m. Fire: Trash/Waste: 100 Ethan Allen Apartments

Tuesday, Oct. 12

9:58 p.m. Larceny/Theft: Joyce Hall

9:58 p.m. Nuisance Complaint: Joyce Hall

Thursday, Oct. 14

3:01 a.m. Medical Assistance: Lyons Hall

Saturday, Oct. 16

12:27 a.m. Drunkenness: Released: Joyce Hall

7:47 p.m. Odor Complaint: Lyons Hall

11:08 p.m. Noise Complaint: Linnehan Hall

Sunday, Oct. 17

2:06 a.m. Disorderly Conduct: Pontigny Hall

2:06 a.m. Drunkenness: Pontigny Hall

2:25 a.m. Medical Assistance: Treatment Refused: Lyons Hall

5:20 p.m. Medical Assistance: Treatment Refused: Saint Edmunds Hall

6:23 p.m. Fire Alarm: Accidental: Pontigny

Galloping Toward the Top of the World

St. Michael's first-year places fourth in World Championship horse show

By Erica Friede
Columns Editor

St. Michael's first-year Katie Hodges placed fourth in the world championship class at the Grand National and World Championship Morgan Horse Show last weekend in Oklahoma City, Okla.

There were over 1,100 riders competing in the show. In the national class, Hodges placed first in her age group of riders 21 and under, and tenth overall.

"That was my last class in my age group so it was a good way to end my junior exhibitor career," Hodges, 18, said.

This year was Hodges' fifth time competing in the show and this is the highest she has ever placed, she said.

Debbie Hodges, Katie's mother, said that last year's World Champion came in fifth, this time, and the 2008 champion came in sixth. In other words, Katie beat the last two world champions this year.

"She's a great rider, but she works really hard at it," Debbie said. "When a lot of kids her age were off having fun, she was often working hard in the barn."

Katie has been riding since she was eight years old and has been competing seriously for the past five years, her mother said.

"It started with pony parties," Debbie added. "When she turned eight I gave her four lessons as a birthday present and that's how it all came about."

Katie said she entered smaller competitions all sum-

mer in order to prepare for the Grand National and World Championship Show. She eventually placed in the top four during the regional competition which qualified her for the show in the hunter pleasure class.

The show has been around since 1973, said Fred Nava, manager of the Grand National and World Championship Morgan Horse Show. The show has over 500 classes during the week long competition, he noted.

"We have riders as young as 10 years old, and all the way to 89 years old," Nava said.

Trophies, ribbons, and prize money are all given at the competition, Nava said. Over \$300,000 will be awarded in this year's competition.

Katie and her family, from Woburn, Mass., flew to the competition at their own expense, Debbie said. The horse traveled by trailer to Oklahoma City.

"You have to make that commitment as a family, both financially and emotionally," Debbie said. "But you could definitely call me a show-mom."

Katie's barn is an hour away from her home in Massachusetts. The drive is worth it though, because she's trained for the past five years with Judy Mason, one of the best trainers in the country, Debbie said.

"Judy's great with developing a real trust and ability to read the animal," Debbie said. "A lot of people can't do that."

Katie's horse was really tough, Debbie said. Not to say Katie doesn't have her fun, but

she's made a lot of sacrifices and gives up a lot of time to get her and her horse where they need to be, she said.

"We see a lot of kids who want instant gratification," Debbie continued. "They get the horse, they have a lot of money and they just want to win the first year, but it takes a lot more than that. And she's done that."

The years of hard work came down to one week-long competition. The show usually runs from 9 a.m.-10 p.m. for a week straight, but the ride itself only lasts about 20 minutes, Katie said.

"Twenty minutes from a mother's perspective seems like an eternity," Debbie said. "It was the longest 20 minutes of my life."

There are three different judges who all grade the rider at a different level and then average it to get a score, Debbie explained. It's judged on the horse's confirmation and strides, the quality of the horse, how the rider controls the horse and her body language.

Katie's horse, a 10-year-old Morgan gelding named Arboria Ben Hur (or Ben), has competed with her for the past four years, she said.

"I hope to come back," Katie said. "Ben is in his prime so we'll hopefully be back next year and years after that."

(See HORSE on page 8)



Hodges and her award winning horse.

Courtesy Photos

Remembering Two St. Michael's Alumni



Courtesy Photos



By Samantha Merrill and Kendra Gravelle
Features Editors

During the first week of October two alumni from St. Michael's College passed away unexpectedly. Jacquie Sutton and Haven Quinn both graduated in the class of 2007.

"Jacquie was a resident the first year I was an RA," said John Hart, '06, who was a close friend of Sutton. "I remember going up to another RA's room, and Jacquie was literally skipping down the hallway singing to herself. If anyone really ever knew Jacquie she couldn't carry a tune to save her life. That was the first time I met Jacquie."

Sutton grew up in North Conway, N.H. She graduated from St. Michael's in '07 as a triple major in psychology, anthropology and sociology.

During her time at St. Michael's, Sutton was heavily involved in volunteer work, participating in MOVE and the Best Buddies Program. After graduating from St. Michael's, Sutton began doing social work through the Lund Family Center.

Recently, Sutton had begun going on long runs to get in shape with hopes of enlisting in the National Guard. Her long term goal was to work at a Veterans Affairs hospital, where she would help return soldiers and their families.

Sutton was finishing a 10-mile run near her home in N.H. when she was struck by a pickup truck and killed on Oct. 2, 2010.

"Jacquie will be remembered for her ability to live life to the fullest in the most positive way I know," said Arik Mortenson, '07. "She was a live and let live kind of person. She was a hoot!"

Haven Quinn graduated from St. Michael's in '07 as a journalism major. He played lacrosse all four years at the school. In 2002 he graduated from Lincoln Sudbury Regional High School, where he played football, hockey and lacrosse. Afterwards he went to a year of prep school at Bridgton Academy where he played lacrosse.

During his time on campus he worked on The Defender staff. During the fall of '05 he was the sports editor, in the spring of '06 he was the managing editor and in the fall of '06 he was a senior reporter.

Matt Ryan, '07, was the executive editor of The Defender in 2006. Ryan described Quinn as someone who liked to "push the envelope" in his writing. With his witty Knight Writer columns he often poked fun at college athletes in a humorous way.

"His writing could be, I don't want to say edgy, but it wasn't totally [politically correct] – which I liked," Ryan said. "I don't think any of his stuff was controversial. I think if you found controversy you really just didn't have a

sense of humor."

Quinn's mother, Judith Johnson, said her son had many interests and passions. He enjoyed movie-acting, his work as an account manager, surfing, skiing, writing, spending time with

friends and travelling – he had travelled to Spain, Scotland and Australia.

On Oct. 7, 2010 at his home in San Diego, Quinn unexpectedly passed away in his sleep from a brain aneurysm.

A Rockstar at Heart

By Orla O'Brien '06
Contributing Writer

Anyone who has ever met Haven Decker Quinn could never forget him. Sure, he was distinctive looking, with his bright red hair and crystal blue eyes, but it was his personality that made him unlike anyone else. I met Haven in a writing class when he was a freshman and I was a sophomore. Our professor paired us together for an interview project. He was so engaging and outgoing that what should have been a simple assignment ended up feeling like a first date.

Haven always wanted everyone to be having a great time. A rockstar at heart, he loved his friends, having fun and singing New Found Glory songs in his car. It didn't matter if we were downtown at What Ales You, sitting in a townhouse or working on a class project, he was always trying to start a party. My friends and I could always count on him to show up to our door with a case of beer, crank up the music to start the sing-a-long and say anything to make us laugh.

Haven brought that same energy and intensity to everything he did. A three season athlete in high school, he came to St. Mike's to play lacrosse after a preparatory year at Bridgton Academy. A defenseman, he refused to let injuries keep him off the field. At different times, he played with a

broken foot, a swollen arm, a pinched nerve in his back and a bruised sternum. When he broke his left hand, he wanted to play so badly that he waited a full week before going to Fletcher Allen for a cast.

Haven was a romantic. He always knew just what to say to make me smile when I was sad or laugh when I was stressed out about something trivial. I would often come back to my house to find an iced coffee for me in the fridge, or a note on my desk. He was always so clear about how he felt and wasn't afraid to express it. One night during senior week, when I thought he was at home in Massachusetts, I came back to my townhouse to find him sitting in my room with a handful of flowers. Haven didn't do these things for the sake of the gesture, but as a genuine expression of the way he felt.

Haven had an uncanny ability to put into writing exactly how he was feeling. He did it with subtlety, true emotion, and a good dose of humor. Please take some inspiration from his honesty. Cherish every moment with your friends, roommates and family. Always tell them that you love them, even if you are sure they already know. I want to be angry that Haven was taken from us so soon, but I can't help being thankful for all of the amazing times we had together. And every time I get sad, I think of one of his crazy stunts, and smile in spite of myself.

Weekly News Briefs

From Around the World

By Kelley Bureau
News Editor

Chilean Miners Secretly Discharged From Hospital After Rescue

To protect the miners and families from the media, all but two miners were released under tight security last week. Two are still in the hospital, one for dental infection and the other for vertigo.

-USA Today

Critical Assault Near Kandahar

Over 800 Afghan and American troops made an air assault on the main base for Taliban threatening Kandahar city, Panjwai. This is the most critical part of the Kandahar operation since August to push the Taliban out.

-New York Times

No Social Security Benefit Hike for Disabled and Retired

For the second year in a row, almost 60 million disabled and retired individuals will not get a raise in their Social Security benefits. The Social Security Administration announced last week there will be no cost of living allowance increase for 2011.

-USA Today

New Test to Identify Brain Trauma

The U.S. Army has discovered a simple blood test that can diagnose minor brain trauma, such as concussions from sports, shaken-baby syndrome and combat. This is useful because many imaging scans miss mild trauma like this. The test is still awaiting federal approval.

-USA Today

21 Killed in Explosion at a China Mine Over the Weekend

In a coal mine gas explosion, 21 were killed and 11 were trapped underground Sat. Oct. 16. Thirty miners were reported dead and 7 were still missing as of Monday.

-New York Times

Less Class Time For More Credits

Four-Four Plan to Go into Effect for Fall 2011

By Taylor Lange
Staff Writer

For the fall semester of 2011, St. Michael's College is implementing a new four-four academic plan in which students will take four classes worth four credits each.

The St. Michael's faculty has been busy redesigning its curriculums in order to fit the academic revamp. All three-credit classes have been eliminated from the curriculum or modified to two credits. Students will be required to take fewer courses, but will spend more time in class.

"The academic plan was first discussed in the early 1990s," Dean Jeffery Trumbower said. However, the plan lost in a 1992 faculty vote.

The current curriculum of two-three and four-credit classes was proposed in 2000 and passed.

However, in 2006, the four-four plan was brought back into discussion. After three years of holding, the plan was passed last June.

"In the long run, it will be really good for us," Trumbower said.

Trumbower emphasized that the transition into the new curriculum would be the most important part about the change.

Political science professor John Hughes said he agrees with Trumbower about the importance of grandfathering students into the new curriculum.

"We need to find ways to make the adjustments work," Hughes said.

Recently, St. Michael's was ranked one of the top 100 liberal arts colleges in the U.S. All of the current top schools use the four-four academic plan.

Current students will not be negatively affected by the plan. Once a student fulfills a requirement pre-four-four plan, it is fulfilled forever. No student will have to go back and take an extra course.

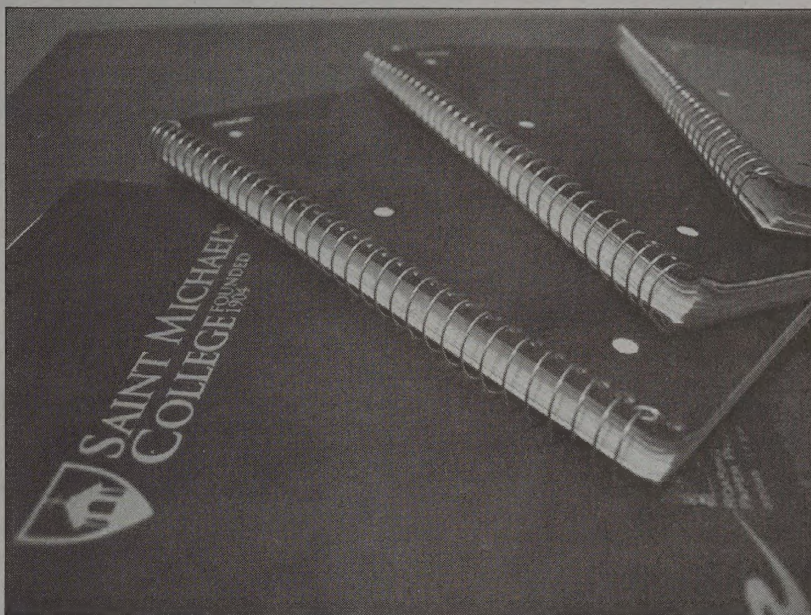


Photo by Lily Keyes

The new plan will allow students to take four classes, worth four credits each.

Next year's incoming students will now have to take 32 classes, which translates into 128 credits. However, current students are still required to complete only 124 credits.

"If you're on track now, you will still be on track," Trumbower said. "Nobody has to add a summer course or an extra semester with the addition of the new academic plan."

Students taking summer courses or pre approved courses outside St. Michael's will only be given the amount of credits the course is worth. Thus, if a student takes a three credit course, only three credits will be given.

"We are not going to manufacture credits," Dean Trumbower said.

Many professors remain optimistic about redesigning their curriculums.

"It has not been much of an inconvenience," said William Marquess, an English and first-year seminar professor.

However, some students, like soph-

omore Steven Paula is not a fan of the new system.

"Credits should be determined on the amount of time spent in class," Paula said.

The new curriculum will be simpler and hopefully beneficial over time, Hughes said.

"We need to try it and see," he said.

Any course created for the new curriculum will be open to all students, not just incoming students, Trumbower said.

Students who have taken courses that will not fulfill any requirements still get the benefit of learning about that subject, he said.

"The administration is committed to making it work," Trumbower said. "I eat, sleep, and breathe this stuff every day."

Is There Privacy on a Private College Campus?

By Kelley Bureau
News Editor

The topic of student privacy typically raises questions among St. Michael's students, especially with the new swipe-card system in place on campus.

According to Allen Gilbert, head of the American Civil Liberties Union's (ACLU) Vermont chapter, a public institution cannot take away any rights from students that are protected under the U.S. Constitution. On the other hand, at a private institution like St. Michael's College, certain rights can be threatened if the institution so chooses.

With the installation of the swipe-card system in residential areas, cameras were also installed, as was an alarm system.

The cameras are programmed to film and store data for 30 days. This footage is to be used under circumstances such as a missing student, suspicious activity or criminal investigations, said Peter Soons, director of Public Safety.

"When they keep tracking data...you have the right to know exactly what the college is going to be doing with the information."

Allen Gilbert
American Civil Liberties Union

"The cameras are passively recording, but there is no one monitoring just yet," Soons said.

The alarm system was not put online until last week in order to avoid as many false alarms as possible. Now that it is running, Soons said it is working well except for a few minor malfunctions with one door that will be resolved by the vendor this week.

However, ACLU's Gilbert warned that the new security system at St. Michael's may pose dangers as well as providing protection.



Photo by Lily Keyes

Each time a student enters a building, such as Cashman Hall pictured above, with a Knight Card, a camera films him or her.

"Every time you use something in a digital form, like a swipe card, it's so easy to store that information and keep it around forever," Gilbert said.

When a student swipes his or her card to get into a building, the identification number is sent to the control system located in the building which then determines whether the student is allowed inside, Soons said. The data stored in the system can be used to find the location of a student, but is reserved for special circumstances.

"The ability is there, but it's not something used as routine," Soons said. "It really is no different than when you use your ATM or Visa card."

The policy regarding the new swipe system at St. Michael's was hastily developed over the summer and is still in draft form. Although it is not available for distribution yet, it can be looked at if requested, Soons said.

The Information Technology department (IT) has similar abilities to access and track student computer use

and locations.

With 90 percent of the campus offering wireless access, IT is able to locate a registered computer by identifying its wireless access point, said Joe Pawlaczyk, senior network engineer at IT.

The exact location is limited to anywhere the wireless access point provides a connection. For example, if this is used, a computer could be located on the second floor of the library. This is useful if a student has a computer stolen, but IT only uses its abilities to track stolen computers once or twice a year, Pawlaczyk said.

"Wireless tools are used for diagnostic purposes, not for watching people," Pawlaczyk said.

As for monitoring Internet use and websites visited, IT's abilities are limited, Pawlaczyk said. There are no student user names in computer use logs, so in order to identify specific Internet uses, IT needs to have specific dates and times to look anything up.

For instance, if a student illegally

downloads a song that is detected by an outside monitor, it contacts IT with the date and time it was downloaded. IT can then use logging tools to look up the information given, such as a song was downloaded at 1:45 a.m. on Oct. 15, and trace it back to the account it was downloaded under, Pawlaczyk said.

E-mail accounts can also be accessed, Pawlaczyk said. Typically, this ability is not used unless there is a pressing issue, such as harassment via e-mail. In this case, IT would follow the same rudimentary procedure, he said.

Regardless of how this information is being used, the fact is that St. Michael's has the ability to track and monitor students.

"When they keep tracking data, you, as a student, have the right to know exactly what the college is going to be doing with the information," Gilbert said.

Under the Weather and Out of the Country

Students who get sick abroad face new challenges in their new home

By Gabbi Hall
Staff Writer

During a semester abroad, many students prepare for a certain level of homesickness, but forget to keep an eye on their physical health. Junior Alyssa Malone learned this lesson the hard way after being hospitalized with a parasite and bacterial infection while studying in Cusco, Peru, this semester.

While it is common for study abroad students to get sick while acclimating to a new environment, it is rare to find a student who becomes seriously ill, said Peggy Imai, director of study abroad at St. Michael's College.

During Malone's group trip to the Amazon, seven other students also contracted salmonella, she said. The parasite, giardia, most likely came from the water she used to brush her teeth, while the salmonella was probably from either an undercooked egg or chicken.

"The hardest part is cultural differences when it comes to illness," Malone wrote in an e-mail. "There is a lot of alternative medicine and traditional healing whose practitioners believe that the body is sick when it is

unbalanced emotionally," she added, noting her host mother's opinion that her physical illness was a result of sad-

"The hardest part is cultural differences when it comes to illness."

Alyssa Malone '12

ness.

Malone spent two days in the hospital with her program advisor by her side and is now on five antibiotics. Malone said she plans to finish her semester in Peru, taking precautions to stay healthy. She said she will limit herself to fruits with peels, kick her nail biting habit, and wash her hands whenever she sees running water.

She has accepted her sickness as a setback during her time in a native village in the Amazon, she said.

"It's one of the trade-offs I have to face to get to do new things," Malone said.

Some students, however, are not as lucky and have had to leave their study-abroad program due to illness. Meghan Kerrigan, '10, was diagnosed with gastroenteritis, or inflamed intestines, during her fall 2008 semester in Ghana. She likely contracted the parasite from the food she ate with her host family, which often contained bugs that scurried about the kitchen, she said.

While SIT Study Abroad, the program Kerrigan studied with, puts host families through a cooking program to reduce a student's risk of illness, Kerrigan said hers had not yet participated in the program.

What the doctors originally thought was stomach irritation due to the adjustment to local life led to a series of tests and a six-day stay in a local clinic, she said.

"This clinic was serving the poorest of poor and people were walking miles to get to this clinic," Kerrigan said.

At one point, she said she had to place an IV into her own arm because the clinic personnel only knew how to insert it into the wrist, which was painful, Kerrigan said.

She chose to fly back to the U.S. to receive further medical treatment and dropped out of the SIT Study Abroad program. She did not receive any credits for her time there, but did get a partial refund that

correlated with the amount of time she spent in Ghana.

Kerrigan, who originally planned to graduate in 2010, is now making up for her missed semester. She plans to graduate in December.

"You never know what's going to happen," Kerrigan said, noting the that several students in her program contracted typhoid, malaria or a parasite. "I would never tell anyone not to go abroad because of the worry of sickness."

Tips for Safe and Healthy Travel

► **Understand your destination. Do research on illnesses common to the area.**

► **See a doctor before you travel and get immunizations recommended by your study-abroad program.**

► **Travelers should see a doctor 4-6 weeks prior to the trip. Some immunizations take time to become effective.**

► **If you are travelling without a program, locate the nearest hospital, so you can be prepared if you need medical attention.**

► **Be sure to continue taking care of yourself after you have returned from abroad. See a doctor if you experience any problems.**

► **Check with the Centers for Disease Control for up-to-date information and travel warnings at www.cdc.gov.**



Alyssa Malone is studying in Cusco, Peru, while Meghan Kerrigan studied in Ghana, Africa (areas shaded).

Photo courtesy of the CIA Factbook

The SAT has been Out-Graded

St. Michael's copies competitors by going SAT optional

By Kelley Bureau
News Editor

St. Michael's College has joined most of its competing liberal arts colleges by going Student Aptitude Test (SAT)-optional for the first time.

Over the last two years the admissions department decided dropping the SAT requirement would be a good move for the college. Once it was raised it to the faculty committee and the board of trustees, the idea went over well, said Vice President of Admissions Jerry Flanagan.

This is not a radical change for the college because Admissions evaluates every aspect of a prospective student, not relying heavily on test scores, Flanagan said.

"Four years of hard work in high school is a better indicator than four hours on one test," Flanagan said.

There are typically two kinds of students, he continued: one who does very well academically and has high a work ethic, but is, perhaps, a poor test taker. The other does well on tests but is not necessarily the greatest student academically. Going SAT-optional will, hopefully, encourage the first type of student to apply with more confidence, Flanagan said.

"Overall, I'd have to say it's probably a good thing we're going optional," said junior Andrew Therrien said.

"It makes it easier for admissions, though, because it's a standardized test that everyone takes-not all high school teachers grade the same way."

If there are more applica-

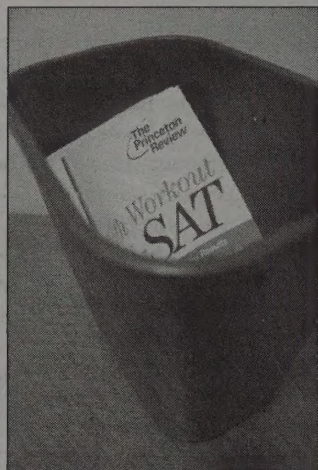


Photo by Lily Keyes
Submitting the SAT is no longer a part of the application process

"Four years of hard work in high school is a better indicator than four hours on a test."

Jerry Flanagan
Vice President of Admissions

tions this year, it will be difficult to tell whether it is because the college is now SAT-optional, said Karen Talentino, vice president of Academic Affairs.

There are several factors that could also impact increased applications: the new marketing, new elements to the website, an improved reputation over the past few years and extension to new geographical locations, Talentino said.

"A student's rank in class is a better, more realistic predictor of quality academics than the SAT," Talentino said.

Even though the college is SAT optional, Flanagan said the vast majority of students will still submit their scores

because many students interested in athletics are required to submit scores to the NCAA. SAT results are also required to be considered for merit scholarships.

After students are accepted, the college will informally ask students to submit their SAT scores, Talentino said. By accumulating the scores the college can then evaluate patterns and trends.

A common misconception is that SAT-optional schools are desperate to increase enrollment, Talentino said. With most liberal arts colleges already optional, it made it that much easier for St. Michael's to switch over, she said.

"This is a positive step for St. Michael's," Talentino said.

Other Schools SAT-Optional

- Stonehill College
- Slave Regina University
- Sacred Heart University
- St. Lawrence University
- St. Anslem College

HORSE: Riding to a World Championship

(Continued from page 3)

together, she said.

People fly from all over the world to be at the show, Katie said. There are riders from almost every state, but also Austria, England, Canada and other countries, she added.

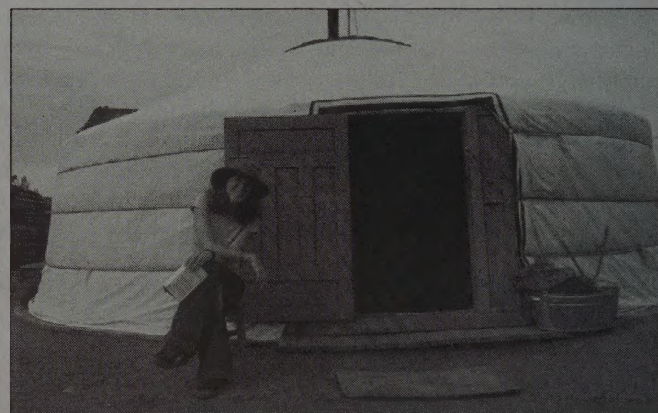
"This is the biggest competition there is," Katie said. "It's basically our version of the Olympics."

There's a special air about the show that makes competitors proud to be here, Katie said. It's an exciting time because participants get to see certain horses, riders and trainers from all these places come

"It's really an elite show," Katie added. "The fact that you're with all world champions makes it a privilege to be able to come here and go down the shoot with the huge signs that says 'Gateway of Champions.'"

Hodges' strengths are in both her riding and her personality, her mother said.

"She had the two best rides of her life," Debbie Hodges said. "She came in fourth but very easily she could have been a world champion."



Peace Corps Information Meeting

Date: Wednesday, October 20

Time: 5:00 p.m.

Location: Alliot Vermont Room at St. Michael's College

* Stop by our Alliot Hall information table from 11 a.m. to 5 p.m.

Peace Corps is actively recruiting liberal arts majors with a commitment to public service. Explore new and expanded opportunities in areas such as TEFL (Teaching English as a Foreign Language).



Life is calling. How far will you go?

peacecorps.gov

800.424.8580

A Step Towards A Clean-Energy Revolution

By **Samantha Hooper**
Naked Opinion Editor

In the past year, the planet's health has risen to critical condition. In hopes to prevent more natural disasters, over 7000 climate control actions were performed in 188 countries on 10/10/10, Keith Harrington of Chesapeake Climate Action Network announced at the 350.org rally in front of the White House on the afternoon of Sunday, Oct. 10.

On Friday, October 8 Political Science Professor and activist, Trish Siplon and a group of 31 students traveled to Washington D.C. for the Columbus Day weekend. The students were apart of Siplon's Millennium Developmental Goals class, the Student Global AIDS Campaign, and the Social Justice League.

St. Michael's senior, Mae Quilty, had been a part of rallies but has never participated in one in Washington D.C. until Siplon's trip. She said that the 350 rally was an important event for young people because it is going to effect the younger generation and future generations the most. Quilty is in Siplon's Millennium Developmental Goals class and also a member of the SGAC.

"People sometimes ignore the issues because the effects aren't being felt a 100 percent right now. If the carbons per million in the atmosphere remain at 390, we could be in serious trouble."

Citizens congregated in front of the White House to protest the need to get to work on climate solutions. Over 30 organizations put together the event in Lafayette Park. There were a variety of speakers from the Huffington Post's 2010 Gamechanger in Green, the Rev. Lennox Yearwood to NASA Climate Chief at the Goddard Institute of Space Studies in New York City, James Hansen.

Protesters were thrilled that on Oct. 5 when President Obama announced that solar panels will be installed on the White House this spring.

"Today, together with all these

people around the world we are making this the biggest day of political action the world has ever seen on any issue what-so-ever not just on climate change," Harrington said in his speech.

"We are also here to say, Mr. President, it cannot end with your roof. To get to 350 parts per million carbon in the atmosphere, we need to have solar on every single rooftop in this country. We need wind turbines popping up all across the country, up and down the coast, on the mountain tops, across the Great Plains. We need a clean energy revolution."

Yearwood's enthusiasm and bold tone of voice galvanized the crowd as they joined him while he chanted, "One planet, one voice," repeatedly during his speech in Lafayette Park.

The week previous to 10/10/10, Hansen installed 11 kilo-watt solar cells on his barn. He said it is going to produce about twice as much electricity as he already uses due to the solar cells.

"What we need to do is get young people and other people to understand what is really needed. We can't solve the climate problem with individual actions, we've got to influence the governments because the fundamental problem is that is long as fossil fuels are the cheapest energy, we will keep using them. Even if you stop a use here it just makes energy a little bit cheaper and somebody else will burn it so we have to put a price on carbon emissions," Hansen said in an interview.

"And that would not be painful for the public if all the money that was collected was distributed 100 percent to the public then more than 60 percent of the people would get more money back in a monthly green check than they would pay in increased energy prices. It's a pretty simple but the public is not going to listen to that unless somebody tells it clearly. The President could do that."

Activist, Susan Shamel, from Massachusetts has been involved in the climate change movement for four years since seeing documentary; "An Incon-



Photo by Samantha Hooper

Sophomores Jerry Carter and Kate Baker take part in the rally.

venient Truth" in 2006 and recently quit her job to volunteer full time on climate issues.

"If we don't get control of the climate issues, basically nothing else matters because we are not going to have a habitable planet," Shamel said. "People are very misinformed and under informed about the seriousness of the issue and a lot of people think, 'Oh, a few degrees warmer, that's not so bad,' but our whole ecosystem is falling apart... the average person just doesn't know what's at stake."

Since 2006, Shamel has volunteered for organizations such as 350.org, Step it Up, One Sky, UMass Action Network, Global Warming Education Network, and Green Peace which all focus on climate issues.

What's next? Climate activists continue to work together in the efforts to get their message across to congressional delegation.



Photo by Samantha Hooper

Different climate organizations gathered in front of the White House.

THE DEFENDER STAFF

EXECUTIVE EDITOR
MIA WEBER

MANAGING EDITOR
KAYLE SCHNELL

NEWS EDITORS
KELLEY BUREAU
COLLEEN MOORE

FEATURES EDITORS
KENDRA GRAVELLE
EDA LAPLACA
SAMANTHA MERRILL

SPORTS EDITORS
TIM McDONNELL
KAYLA NORRIS

COLUMNS/CALENDAR
ERICA FRIEDE
SARAH SILVERMAN

PHOTO EDITORS
BOBBY GAGLINI
LILY KEYES

NAKED OPINION
KALIN BURKHARDT
SAMANTHA HOOPER
ERIK OSBORNE

FACT CHECKER
CAROLINE HUDSON

MULTIMEDIA EDITORS
DAVID MOONEY
MEGHAN O'BRIEN
APRILLE THOMAS

AD MANAGER
MAIT WOLFE

MISSION STATEMENT

As the editorial staff of The Defender, we strive to accurately, professionally and ethically report the news affecting the lives of students and our community.

We as a staff take full responsibility for any errors; if you spot a mistake or have a complaint, please let us know.

We publish letters to the editor, as long as they are signed. Letters will be edited only for grammar, spelling, taste, and sometimes length.

Managing Editor



Kayle Schnell

Understanding Extremism

The ninth anniversary of 9/11 this year was not only marked by customary memorial services but by fierce tension throughout the U.S. around anti-Islamic sentiment.

While dozens of demonstrators gathered in protest of Park51, the proposed Islamic community center in Manhattan, just blocks from Ground Zero, thousands of people also rallied nearby in support of the center and for religious freedom in the U.S.

The issue of Park51 has even divided family members of those who died on Sept. 11. While some New Yorkers view the particular location of the center as insensitive, given its proximity to Ground Zero. Others view it as a potential national symbol to counter the kind of religious extremism that resulted in the events of 9/11.

This kind of anti-Islamic extremism fuels a race-based and faith-based hatred within the U.S. that will only exacerbate tensions surrounding the War on Terror.

In a New York Times poll, researchers found that 50 percent of New Yorkers oppose the proposed location of the Islamic center. While 37 percent strongly oppose it, 35 percent were in favor and the rest were indifferent.

A Newsweek poll recently found that 52 percent of Republicans in the U.S. believe that Barack Obama sympathizes with the goals of Islamic fundamentalists who want to spread Islamic values worldwide.

Pamela Geller represents the most extreme case of fervent anti-Islamic sentiment in the U.S. She has made a name for herself by blogging on a website called Atlas Shrugs that attacks Islam in a violent way. She has been the chief voice in the national opposition to Park51, which she refers to as the, "Ground Zero mega-mosque."

Not only is Geller false in her theory that terrorism by Muslims is reflective of the whole Islamic religion, she is also wrong to call the proposed center a "mega-mosque," given that it will in fact be a cultural center

with a mosque in it but also offering a pool and other facilities.

Similarly, in Florida, Terry Jones, an evangelical pastor drew vast media attention for threatening to mark the ninth anniversary of the Sept. 11 terrorist attacks by burning 200 copies of the Koran, the sacred text of Islam.

The threatened Koran burning resulted in the deaths of five people in Afghanistan as a result of protests there. Gen. David Petraeus warned that Koran burnings exacerbate extremists in Afghanistan and potentially further promote violence.

These issues sparked tension all across the country, resulting in speeches and debates about Islam, terrorism and religious intolerance in the U.S. At the Pentagon, President Obama argued that it was not a specific religion that attacked us on 9/11 but rather a small group of men with terrorist ambitions. Obama encouraged the emphasis on religious tolerance in the U.S.

It seems that the argument at the core of this debate has little to do with the American-driven association between the religion of Islam and terrorist ambitions abroad, but rather the location of this proposed mosque and its proximity to the now hallowed area where thousands of Americans lost their lives.

While Al Qaeda and small groups of terrorist that pervert religion are truly international threats to peace, as Americans, we must remember the fundamental values of religious tolerance and consider that such anti-Islamic extremism may put the nation at greater risk by undermining democracy, encouraging violence and empowering terrorist organizations worldwide.

If the U.S. seeks to promote peace internationally, it is crucial that we emulate peaceful values of religious tolerance and freedom of choice within our own nation.

Kayle Schnell is a senior journalism and political science double major. Contact her at kschnell@smcvt.edu

Editorial: Under a National Spotlight

When a person puts his or her heart into an activity, whether it be a hobby or a broader cause, usually the end result is some sort of positive recognition.

Recently, several students and groups on campus have taken their personal passions to the next level.

The Defender's cover this week features first-year Katie Hodges showing off a ribbon from a regional champion-

"Recently, several students and groups on campus have taken their personal passions to the next level."

ship horse show; Hodges recently took her unique skills as an equestrian to Oklahoma City where she placed fourth in the World Championship class at the Grand National and World Championship Morgan Horse Show. Hodges is fourth *in the world* and she has chosen St. Michael's as her home for the next four years.

On a political level, senior Kate Bailey helped pioneer the Dear Hillary campaign to stop rape in the Congo and her organization now has 43 chapters worldwide. All it took was an idea and effort.

Similarly, Green Up helped to bring the globally recognized 350.org movement to St. Michael's in order to include our college on the growing list of supporters for the 350 parts per million movement. Groups across the globe took 350 photos just like the one we took here on Oct. 7.

It is easy to forget to notice and appreciate the interesting people around us and what we have to be proud of.

-Mia Weber, Executive Editor

Mia Weber is a senior journalism major. Contact her at mweber3@smcvt.edu or read her blog at www.sopresh.blogspot.com

Letters to the Editor: Concerns, Criticisms, Comments, Complaints

'I Like' Line has Upbeat Image and Depth

To the Editor of The Defender,

In response to Sue Bourque's critique of "I Like St. Mike's" and the folk-art figures in Saint Michael's marketing materials in her letter (Oct. 5, 2010), let me say we take our responsibility to recruit excellent students to St. Michael's College very seriously.

The light-hearted "I Like" line captures the feeling of nearly everyone associated with this institution.

The figures of St. Michael the Archangel are based on the tradition of New England folk art, and were carefully crafted to capture the spirit of religion on this campus. The entire portfolio of new admission recruitment materials, carabineer included, is the result of months of research, focus groups, and creative development.

The Mike figure has been widely embraced as an indication that religion is a welcoming presence at this college. Like the Edmundite priests themselves, this figure radiates a tone of engagement and hospitality—basic elements at the heart of our founders in the Society of St. Edmund. Our point in these marketing materials is to embrace our Catholic heritage, while showcasing the solid academic environment and rich opportunities that are the essence of St. Michael's College—that live harmoniously in

the same environment.

The "I Like" motto and the folk-art figures of Mike are designed to get the attention of prospective students and parents, while showcasing the vibrancy and range of opportunities present at St. Michael's. All college students and their parents are aware of the flood of recruitment brochures they get from colleges trying to get their attention, interest them in visiting, and ultimately in applying and enrolling.

In the very competitive world of college admissions, in this economy, and given the changing demographics in New England (ever fewer 17-year-olds), it is critical that St. Michael's come to the attention of future students. We are proud of the authentic, upbeat, attractive spirit of these new marketing materials. And we are delighted with the way they capture the spirit of this special place—a college that is both happy and intellectually challenging.

In the meantime, I urge everyone to "Nominate a Future Knight" who just might "like St. Mike's."

*Sincerely,
Buff Lindau, Director of Marketing
& Communications*

A Pro-Life Perspective

Five teenagers committed suicide this past September. All five were victims of intense bullying about their (perceived) sexual orientation. They ranged from ages 13-19, from middle school to college. But I'm not writing to commemorate them; people who know them better will do them much more justice than I ever could. No, I'm writing to remind the St. Michael's College community of a few things, and to challenge you.

I first remind any student who is struggling with any issue: You are not alone. It doesn't matter what burden you are bearing; there are people here who actively desire to help you. Dave Kells has open-door, confidential counseling every Monday and Thursday from 6-8 p.m. in upstairs Alliot. As an RA, I can promise that your RAs or ACAs want to help you with whatever you may be struggling with, no matter how busy they may seem. Moise St. Louis in the Multicultural Office (please just call him Mo), Fr. Brian or Jason Moore in Campus Ministry, and the Student Life Office are all prepared to help you with any problem you may be having. You are not alone.

I remind the SMC community at large: October is Respect Life Month for the Catholic Church. For many students (myself included), this means fighting for the rights of the pre-born and the elderly. But it does not have to be polarizing and political, and you don't have to be Catholic to respect human life. I believe life is precious from conception to natural death, and at every stage in between; therefore, every human being, regardless of race, religion, beliefs, orientation, gender identity, or any other possible source of division deserves to be treated at least with respect and dignity, if not with love.

I remind every one of us, every day, in every interaction, to be vigilant. We are a very accepting and very tolerant school community; students do not bully other students here the way they do at other schools. But our state of tolerance should never become one

"You are not alone. It doesn't matter what burden you are bearing; there are people here who actively desire to help you."

of complacency. Bullying and rejection can be as passive and seemingly innocuous as inappropriate language being accepted in conversation. Common Ground President Michael McKinney hit the mark when he said, "If you're not part of the solution, you're part of the problem." Silence gives consent. If you are not actively combating a culture that fails to respect the dignity of every human life, then you are encouraging it.

I challenge every member of the SMC community: what will you do to prevent the next suicide being here, on our campus? You may never know just how great the effect of your actions (or lack of actions) may be until it is too late. What are you doing, every day, to combat our current culture of death, and replace it with a culture of life?

*-Luke Hollwedel, '13
Director of Knights for Life*

We Want to Hear from You

Please feel free to send us a letter at magazine@smcvt.edu.

We publish all letters, provided that they are signed. However, we reserve the right to edit minimally for grammar, style and sometimes length and good taste.

Better Living Through Climate Change

Columnist



Josh Hoxie

In the last issue of the Defender, I presented a fairly grim argument outlining the need for political action regarding climate change. This week I'll take a radically different approach.

To truly address the issue of climate change, we need to start focusing on the benefits of new options and not the so-called necessary sacrifices.

Even if climate change didn't exist, the same actions that are necessary to stop global warming and reduce its effects are worthwhile in their own right.

Americans have been caught up in

the quasi-scientific arguments made by people with a vested interest in maintaining the status quo for too long. The scientific consensus is here and we need to address the issue that is climate change.

To do this, imagine climate change didn't exist. Move past discussion of CO₂ and floating polar bears and start thinking about how people and the planet can benefit from the basic tenets of sustainability.

Here are a few examples:

Alternative Energy: Shifting away from burning fossil fuels and toward sustainable energy sources like wind, solar, and water power, creates jobs in these industries and profitable local investment for communities. It also reduces dependence on oil, coal, and nuclear energy. Why does this matter? Think: the Gulf oil spill, the Massey Energy coal mine collapse, and Vermont Yankee tritium pollution are three reasons just in the past year.

Increased Efficiency: All forms

of energy creation have costs, and the waste of energy is not beneficial for anyone, except the firm providing the energy source. Increasing household efficiency as well as reducing, reusing and recycling are all ways to cut energy costs and save money.

Reduce Emissions: Even if burning fossil fuels wasn't warming the planet, it would still be dirtying the air we breathe and the water we drink. This is bad for our health, our well being and our future.

Alternative Transportation: Dependence on the automobile is associated with increased obesity, urban sprawl, increased isolation and increased traffic congestion. Public transportation and bicycles present an alternative that is better for our health and more efficient. Did I mention it's cheaper?

Alternative Food: Local food and vegetable gardens bolster the local economy and reduce dependence on agro-industrial corporations that put small farms out of business. The

effects of consolidated food production include soil degradation, water pollution, and widespread overfishing leading to barren seas.

Alternative Trade: Less developed countries have suffered the most of the effects of climate change despite contributing far less than developed countries to the problem. Trade agreements that continue to benefit rich countries to the detriment of the world's poor perpetuate injustice and global inequality.

The changes listed above are not sacrifices, but rather opportunities. They are vitally important for global sustainability and prosperity, and each has intrinsic value. Climate change presents a unique opportunity for progress towards change that would benefit our economy, our health and our planet.

Josh is a senior political science and economic double major. Contact him at jhoxie@smcvt.edu

Love from Gold Coast, Australia

Columnist



Courtney Jordan

Within the small confines of St. Michael's cozy, brick campus I have always felt at home. Familiar faces in every room, a manageable campus and welcoming, supportive staff have shaped my college experience. While we all have our reasons for coming, I believe it is vital to our education that

we look outside the bubble.

My study abroad experience has not been unlike others' before me. I've visited the famous landmarks, sampled the Australian cuisine and been devastated by the beauty of the other side of the world. However, one thing has surprised me about my semester stay on the Gold Coast: the tragic and inexplicable impossibility of portraying all the lessons and miracles that have materialized in only a few months. It is my hope to share just a few.

Breaking out of the St. Mike's bubble, I've learned about the beautiful, laid back way of living that Aussies have. The "no worries" mentality has cast shadows on portions of my life, clouding my ability to further see their importance. For me, this experience begs the questions: why do we

put our heads down instead of saying hello? Why do we allow the negativity of ourselves and others to influence our decisions? Why don't we believe in the power of our dreams?

However, in turn, my time in Australia has illuminated shortly forgotten aspects as well. Honoring my personal goals, initiating a connection between people, and recognizing the rarity of a trustworthy friend have resurfaced as the most worthwhile and difficult lessons that I could have never learned in a classroom.

Relocating my life has shown me that I am capable of doing things I may have never thought possible. While I've realized that living completely on my own is not without its hardships, the small failures and missteps have created a feeling of personal success that

I have yet to experience through any other means.

These are lessons I wish I'd had the opportunity to learn earlier. It is my hope that everyone has the chance to feel a discomfort that awakens them to their surroundings.

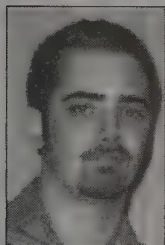
So, while St. Mike's will remain my home for the next two years, the discomfort and displacement I have felt abroad has ignited a curiosity and appreciation to realize that there is life outside that deserves, and aches, to be explored.

Courtney is a junior journalism major. Contact her at cjordan2@smcvt.edu

THE NAKED OPINION

"I currently am in danger of losing a piece of my soul."

Columnist



Tom Keefe

There it is; the truth of a college senior's life, my life. I am not joking and am referring to all college seniors, not only myself. So let's be honest with ourselves here...are you in danger right now of losing your soul?

I have a dream for after graduation; I want to live around the world, experience as much as I can, learn different cultural cuisines and one day own my own restaurant. The amount of money it would take for just the plane and an apartment means I'm not leaving on graduation night. That's leaving out the whole obtaining-a-job-in-a-foreign-country aspect as well.

There's my soul.

The reason I want to wake up in the morning, it's in danger

Graduation is 7 months away and I am slowly losing my dream, my soul SURE! We can always postpone our dreams, this is true. Obviously I don't have enough money for this venture. I should use my degree get a good paying job and save. Should take what a year, maybe two?

I got a new office

One and a half years of putting this small piece of my soul on hold.

I got a promotion with a raise!

Two years and four months without this piece.

I do. I do.

12 years 10 months 2 weeks 5 days 8 hours 16 minutes 2 seconds

Without this piece of your soul

I'll postpone my dream...worked out well right?

If we postpone our dreams, we can't get caught up in our day to day lives so much that we forget to ever reschedule

Our souls are constantly in danger of CHANGE, since our dreams are small pieces of our souls representing our inner desires

So seniors in May do you think you can chase your dreams right away or be forced to put them on hold?

Do you remember what you dreamed to be when you were younger, pick any age you'd like.

Didn't you put that dream on hold once?

Did time and experience change your mind?

Who's to say that won't happen again after college?

We get a degree in "X" to work in that

area for the next 50 years

What if we want a change?

Living causes maturity/change it is inevitable, simple as that

We cannot avoid change

Any one of us could graduate, chase our dream, obtain it and then end up changing what we view as living our dream.

Take what I said to heart, I don't mean to dictate but to enlighten. We have 8months left, if you don't have a plan yet don't worry. You have plenty of time to choose a plan that you will change eventually.

Tom Keefe is a senior business major. Contact him at tkeefe@smcvt.edu.

Theme Of The Week: DANGER

"As soon as there is life, there is danger."

-Ralph Waldo Emerson

Danger Takes the Shape of the Future

Editor



Kalin Burkhardt

When I was little, every night before I went to sleep, I curled up in my checkered blanky and prayed the same prayer: "Dear God, please don't let there be a fire in our house tonight, amen." Each time I closed

my eyes I thought that I was in danger of our house burning down. I was absolutely sure that if I didn't say that prayer, my worst fear would come true.

A few years down the road, I gradually recited the prayer less and less. My fears took the shape of middle school instead. I now look back on the many things I deemed dangerous throughout my childhood and early adolescent years and laugh. Time has a way of stealing significance from those things which used to seem all too big. Yet just because I am older, doesn't mean the world has become any less dangerous.

A very wise person once summed up higher learning in perhaps the most perfect way possible: "There is something about college that makes you want to figure out the world." It is the absolute truth. For the first 18 years of life the world is channeled to us through the lens of our parents, our teachers, our aunts and uncles, our soccer coaches and piano instructors. We are led by those who have already been there and already know what we are just learning. Then we arrive at college and suddenly the answer "because mom said so" is no longer sufficient. We are forced to take a look at the world through a lens that we may never have fully considered: our own.

Danger takes the shape of the future; of figuring out who we are and the kind of person we each want to become.

The whisper of graduation that rapidly gets louder certainly makes figuring out the world seem more and more imperative. Each day in college is a notch in the path that we learn we must carve for ourselves. Taking ownership of that path can be absolutely terrifying. Danger lies in making the wrong choices, bypassing opportunities that will never be granted again, failing to live up to your fullest potential. In spending three years studying biology only to realize that your true passion is art. In making mistakes and living with regret.

But I suppose the upside to danger is that it is not inevitable. Danger is the chance of harm, not the promise of it. And though the task of figuring out the world may feel unbearably daunting at times, the reality is that it is not certain, or even likely, that we will fail. There is always the possibility that the steps we are taking are in fact correct. That we have learned more than we think. That we are becoming the people we were meant to be.

For almost five years I prayed every night to keep my house from catching on fire. And guess what? It never happened. Now I am sure that the safety of my home had a great deal to do with advancements in fire protection technology and the caution of my family members when handling flames. But I'd like to think that my little prayer had a small part in it. I guess in the end all we can do is go to bed each night with a little faith and trust that what we are doing is enough to keep the dangers from becoming reality.

Kalin Burkhardt is a senior journalism major. Contact her at kburkhardt@smcvt.edu.



Mt. Philo Forest in Charlotte, Vt.

By Christine Trombley, '13



Astronomical Clock, in Prague, Czech Republic

By Laura Sharpe, '11

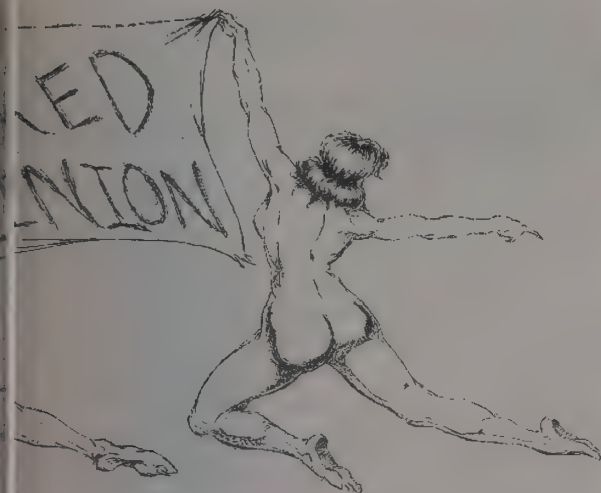
The Defender invites St. Michael's students, faculty and staff to submit to the Naked Opinion. For a list of upcoming themes see the Naked Opinion online. Please send submissions to magazine@smcvt.edu



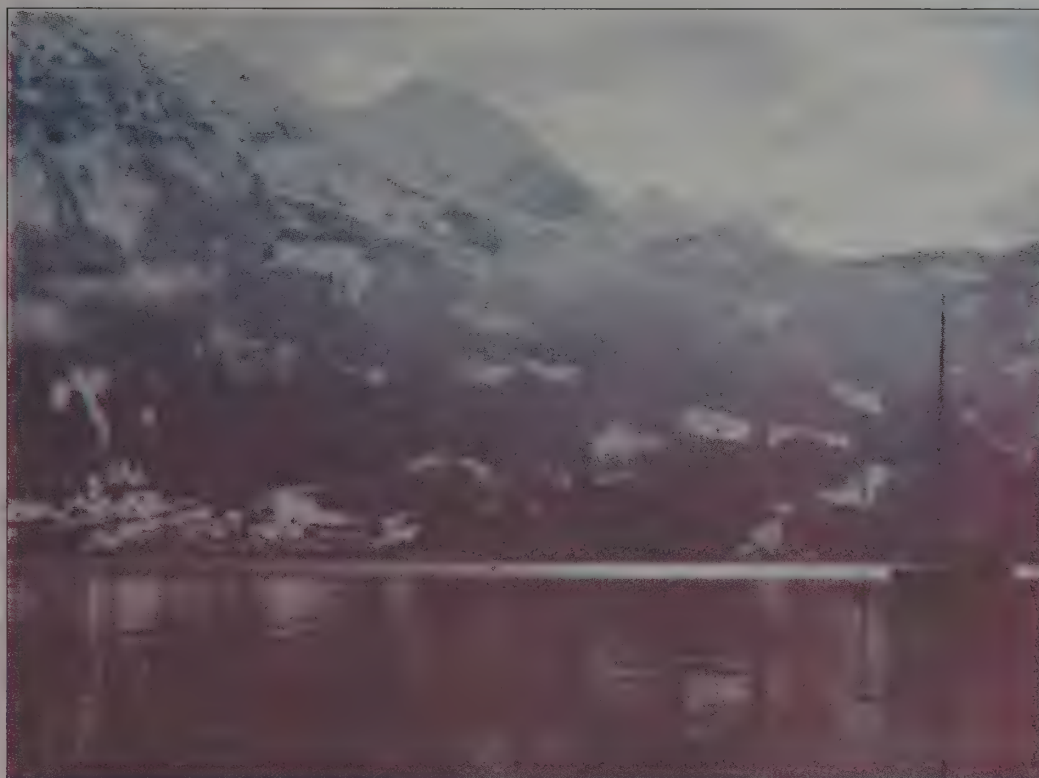
The Naked Eye



Lake Champlain during winter



By Ronnie DiMasi, '11



Lake Thun in Interlaken, Switzerland

By Laura Sharpe, '11



Bushel of apples

By Eda LaPlaca, '11

Check out *Naked Opinion* online!
www.smcvt.edu/defender

T I R E D O F C H E E S Y M A C . C O M

GET FRIDAY NIGHT FLAVOR EVERY DAY OF THE WEEK



4 FREE STUFFED PIZZA ROLLERS

Text "Rollers" to 67463 for
No Strings Attached



Pizza Hut

MEDIUM PIZZA

\$6 Up to 3 toppings
(Make it a large for \$2 more)

EXP. 12/31/10 CG1
One coupon per person per visit. Not valid with any other offer. Extra charge for additional toppings. Price does not include sales tax or delivery charge. Valid at Capital Pizza Huts.

WINGS & STICKS

\$8 Get 8 wings & 5 breadsticks

EXP. 12/31/10 CG8
One coupon per person per visit. Not valid with any other offer. Price does not include sales tax or delivery charge. Valid at Capital Pizza Huts.

Order online at pizzahut.com

ON & OFF CAMPUS DELIVERY / DRIVE-THRU / CARRYOUT / DINE-IN
1 David Dr. • 802.878.0101

Family Matters

Editor



Eda LaPlaca

I come from an extended, hyper-involved family that when someone has a tooth ache, we all get a memo. Maybe I'm being over-dramatic, but not by much.

My extended family consists of about 25 interesting characters. We are a tight-knit, overbearing, overwhelming mob. Everyone knows everyone else's business, whether or not they want it that way.

One might think that being dispersed throughout New England and the surrounding Northeast areas would keep us apart. Instead, we have exorbitant Exxon-Mobil bills and often get little sleep. The distance between us has only made the time we spend together more valuable.

Somehow, over the years we have managed to make it work. Some might even say we make it look easy.

But it's never been easy, and it will never be easy. If you wonder what it feels like to sit through about 40 dance recitals, ask my grandmother or one of my aunts. If you wonder what it is like to travel to Massachusetts from Vermont on seven consecutive weekends, ask my mother.

We are the way we are because we work at it, because we have been taught to work at it. My parents and grandparents taught my older brother, Anthony, and me that family is the most important gift in the world. We have been taught to cherish the time we have together. We are unbelievably lucky that the rest of our family shares that belief. I've found that families like mine are rare.

When I look at our family portrait and all the photos of relatives, I forget about the fights; I only see the love.

As I am about to embark on a new

You know that obnoxious group of people at every graduation ceremony? The ones who make a scene and never stop hooting and hollering? The ones who cheer louder than anyone else in the room? That's my family.

chapter of my life and enter the larger world as a grown-up, I truly realize the influence my family has had on me. The ongoing support and unconditional love of its members have shaped who I am as a person, and for that I will be forever grateful.

I want to say thank you. Thanks, Dad, for borderline-harassing me about going to the library. You always want me to do my best, and I appreciate that. You are an incredible role model, Pop.

Thanks, Mom, for constantly reminding me that your love is unconditional. The words "I love you, even when you make mistakes," will always play in my head when I think of you. Thank you for always supporting me and letting me make my own decisions. Not to be clichéd, but I hope to be half the incredible woman you are someday.

Thank you, Anthony, for teaching me what is important in life. Your terrible jokes remind me that life is too short to sweat the small stuff. Thanks for keeping me laughing. I'm so proud to call you my brother.

Thank you to my extended family. My grandparents, aunts, uncles, and cousins. Keep being obnoxious at those graduation ceremonies. It shows how much we love each other. Thank you for all of the memories, love and support.

We all have people we need to thank. Whether it is for taking care of us, or pushing us when we are being stubborn.

When it comes to family, you get what you put into it. So go home to see them or call your parents. Thank them for the big things, but don't forget the little ones either. E-mail that aunt or uncle who you never have time for. Check in on that cousin who is going through a hard time. Find a way to keep in touch.

Families aren't perfect. I know mine isn't, but at the end of the day nothing else matters because we have each other.

You know the saying you can't pick your family? Call me crazy, but if I actually had the choice, I would pick mine.

Eda is a senior journalism major. Contact her at elaplaca@smcvt.edu.

October Events

On Campus

Tues. 19: Open House
4:30 to 6 p.m., Hoehl Welcome Center
Hosted by the St. Michael's master's program. Includes clinical psychology, education, teaching English to speakers of other languages, and theology and pastoral ministry.

Tues. 19: Inaugural Address for Environmental Studies Major
7 p.m., Chapel of St. Michael the Archangel
Physicist, philosopher, environmental and human rights activist Dr. Vandana Shiva will be giving the address to inaugurate the new major.

Tues. 19: A Prayer for Healing and Hope
9 p.m., Chapel of St. Michael the Archangel

Edmundite Campus Ministry and Common Ground will sponsor a prayer service and candlelight vigil to recognize the recent deaths of young people who took their own lives after being taunted and bullied because of their sexual orientation.

Wed. 20: The Vermont Campaign to End Childhood Hunger
1-2 p.m., Farrell Room
Representatives will discuss hunger in Vermont.

Tues. 26: Dear Hillary Campaign for the Congo
7 p.m., McCarthy Arts Center
Lisa Jackson will show and discuss her film "The Greatest Silence, Rape in the Congo."

Local

Wed. 20: "Maximizing Your Credit"
6 p.m.-7:30 p.m., VSAC, Winooski
Gain a better understanding of building and maintaining a strong credit score.

Thurs. 21: Choctoberfest
10 a.m.-4 p.m., Lake Champlain Chocolates, Burlington and Waterbury
For those with a sweet tooth, come satisfy it with hot cocoa and chocolate tastings.

Fri. 22: Reduced Shakespeare Co.
8 p.m., Flynn Center
"The Complete World of Sports" a comedy, said to knock you out of your seat, explains the entire history of athletic competition

Sat. 23: eWaste Recycling Event
9 a.m.-3 p.m., Ben & Jerry's, So. Burlington
Drop off old, broken and obsolete electronics for disposal.

Sun. 24: "Eating Well on a Budget"
11 a.m.-12 p.m., City Market
Take a tour of the store's most affordable items. Preregister, free.

Hungry Knights

By Ben Taylor, Emme Hughes, and Jason Berglund

Grilled Cheese was a childhood staple in all of our houses, and it seems that not much has changed over the years. When the kitchen cupboards look empty, grilled cheese always becomes our go-to meal.

How can anyone resist the ooey-gooney goodness of melted cheese sandwiched between two slices of crunchy, warm bread? The Wonder Bread and American cheese of our childhoods, however, have become diminished in their culinary appeal. The lackluster white bread and the horribly fake processed cheese product, the color of which still remains a mystery to us, just does not fit the bill anymore as a satisfying and healthy meal option.

So how can we make grilled cheese OK to eat while still maintaining those wonderful memories of our younger years? Simple: kick it up a notch on the ingredients.

How, then, can the simple grilled cheese be transformed into a gourmet restaurant-worthy sandwich? As stated above, the answer is in the ingredients. Instead of the classic yet disappointing Wonder Bread, buy a fresh loaf from a bakery. You know the bread will be made that day and with good, fresh ingredients. You can mix it up with the type of bread you use as well: wheat, oat, 12-grain, sesame and so on. Many gastronomes will argue that the choice of bread is the most important when constructing a sandwich.

The next most important ingredi-

ent is, of course, the cheese. That ungodly orange should be enough to deter anyone from the overly processed cheese product, but if it doesn't, why not switch it up a bit? Expand your culinary horizons and try some Jarlsberg Swiss, Président Brie, Le Châtelain Camembert, Cabot Cheddar or Rusticone Buffalo Mozzarella. All of these cheeses melt well and will enhance the flavor of your grilled sandwich.

After you have chosen the two staple products of your grilled cheese, the bread and the cheese, you can now extend your creativity by experimenting with fillings.

One of our favorite grilled cheeses is an Italian-inspired sandwich that Emme made quite a bit while abroad in Florence. Slice two pieces of bakery-made wheat bread and smear one side with freshly made pesto. Add some sun dried tomatoes, fresh mozzarella, and prosciutto to the mix and close the sandwich. In a sauté pan, heat a tablespoon

or so of extra virgin olive oil and brush each side of the sandwich with the oil as well. Placing the sandwich into the sauté pan, let it cook on each side for 3-5 minutes. With some roasted veggies on the side, the grilled cheese is ready to be enjoyed...delicious.

Other fabulous combos are Brie with sliced green apples and fruit chutney, Swiss with honey mustard and turkey, and cheddar with bacon, lettuce and tomato. Be creative, go wild and enjoy reminiscing over an old favorite.

Ben, Emme and Jason are all seniors. Contact them at jberglund@smcvt.edu, mhughes@smcvt.edu and btaylor@smcvt.edu.

FEATURES

St. Michael's Responds to Homophobia

By Colin Ellis
Staff Writer

Common Ground is doing its part to combat hate in light of the recent tragedies in the lesbian, gay, bisexual and transgender (LGBT) community.

The club started a petition in response to the suicides that have occurred over the past few months. The petition calls for the elimination of bullying by widening anti-harassment programs in schools across the nation. The human rights petition will be sent to U.S. Secretary of Education Arne Duncan.

"We're attempting to make St. Michael's campus and the wider community a safe environment for everyone, no

matter their gender identity or sexual orientation," said Mike McKinney, president of Common Ground.

McKinney said he was "shocked" by the tragedies.

The goal is to send a message to college campuses in the area and to Outright Vermont, the only youth service group in Vermont for the LGBT community. McKinney said that he hopes Outright Vermont will be present at the candlelight vigil on Oct. 19 that Common Ground is hosting with Campus Ministry. The vigil will be in front of the chapel.

Kasey Ladd, senior and treasurer of Common Ground, wants to create a safe and warm environment on campus. Ladd said she feels strongly about

helping people so they don't feel alone.

At a recent meeting, members of the club each read a short biography of the four students who committed suicide.

"It makes each person more real, not just a statistic," Ladd said. "It provoked emotional comments and stories from individuals there."

Psychology Professor Dave Landers thinks the problem is mostly in the schools, he said.

"Education will help deter bullying," Landers said. "We have to help students understand that language hurts."

While most people have no intention of causing pain, their insensitivity could be all it takes to send someone over

the edge and do something drastic, Landers said. McKinney said that the problem rests in no one challenging hurtful language.

The petition has reached about six-and-a-half pages in only a few days, McKinney said.

Common Ground has planned other projects to spread awareness this semester. McKinney has started a project with the Photography Club called "Love is Louder," he said. The project aims at taking a stand against anti-gay rhetoric through photography.

Common Ground's ultimate goal is to promote awareness not only for gay rights, but for human rights.

"This is not about politi-

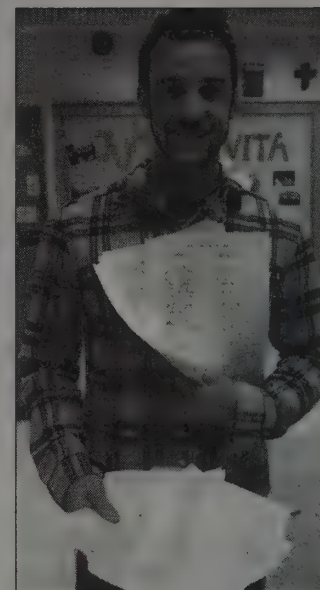


Photo by Bobby Gaglini
McKinney displays the petition.

cal correctness," Landers said. "It's about not hurting people.

Creative Classics

Med. \$13.50 Lg. \$16.95 Plus Tax

Classic Pepperoni Deluxe

Tomato Sauce, Cheddar/Mozzarella Cheese, Italian Pepperoni, New England Baked Ham, Freshly Sliced Red Onions, Green Peppers & White Mushrooms

Meat Lover's Revenge

Tomato Sauce, Cheddar/Mozzarella Cheese, Italian Pepperoni, Hot Italian Sausage, Ground Western Beef & New England Baked Ham

Nicole's Bacon Cheeseburger Paradise, (Pizza Contest Finalist)

Ketchup Mustard Sauce, Cheddar/Mozzarella Cheese, Freshly Sliced Red Onions, Extra Ground Beef, Cob Smoked Bacon, Sprinkles of Gorgonzola Cheese

Amanda's Six Feet Under, (Pizza Contest Finalist)

Tomato Sauce, Cheddar/Mozzarella Cheese, Fresh Chopped Garlic, Italian Pepperoni, Freshly Sliced Red Onions, Cob Smoked Bacon, Hot Italian Sausage

Hawaiian Island Delight

Tomato Sauce, Cheddar/Mozzarella Cheese, New England Baked Ham, Cob Smoked Bacon, Freshly Cut Broccoli & Sweet Hawaiian Pineapple

Texas Hot Buffalo Chicken

Zesty Tomato Texas Hot Sauce, Cheddar/Mozzarella Cheese, Spicy Chicken Breast, Freshly Sliced Red Onions with Gorgonzola Cheeses

Roasted Chicken BBQ

Barbecue Sauce, Cheddar/Mozzarella Cheese, Marinated Chicken Breast, Freshly Sliced Red Onions, White Mushrooms, Roasted Red Peppers

Leonardo's Works Med. \$14.25 Lg. \$17.95 Plus Tax

Tomato Sauce, Cheddar/Mozzarella Cheese, Italian Pepperoni, New England Baked Ham, Hot Italian Sausage, Freshly Cut Broccoli, White Mushrooms, Red Onions, Green Peppers & California Black Olives

Leonardo's Basics

Sauce & Cheese Pizza

Med. \$9.95 Lg. \$12.75 Plus Tax

Sauces:

Zesty Tomato
Creamy Alfredo
Olive Oil Garlic
Pesto Pine Nut
Thai Peanut

Crusts:

Hand Tossed Traditional
Extra Thin or Thick
King Arthur White
King Arthur Certified Organic Wheat
(Med. add 50¢ large add .75)

"Amazing Fresh Roasted" Wings

Regular Hot BBQ Buffalo Thai

Single (10) \$7.25 • Double (20) \$13.50
Double/Double (40) \$25.00 Plus Tax

The Party Pak (Serves 10) \$42.00 Plus Tax

2 Large One Topping Pizzas, 1 Double Order Wings,
2 Orders Cheesy Bread

*All prices are subject to state and local sales tax
All prices are subject to change

Signature Gourmet

Med. \$13.50 Lg. \$16.95 Plus Tax

Basil Pesto Chicken

Basil Pesto Nut Sauce, Cheddar/Mozzarella Cheese, Marinated Chicken Breast, Roasted Red Peppers, Sun Dried Tomatoes, Freshly Sliced Red Onions with Gorgonzola Cheese

Molly's Chicken Mushroom Carbonara (Pizza Contest Winner!)

Alfredo Sauce, Fresh Chopped Garlic, Cheddar/Mozzarella/Parmesan Cheese, Freshly Sliced Mushrooms and Red Onions, Smoked Bacon, Marinated Chicken

Fennel Sausage Gourmet

Olive Oil Garlic Sauce, Hot Italian Fennel Sausage, Freshly Sliced Red Onions, Fresh Green Spinach with Gorgonzola Cheese

Classic Chicken Cordon Bleu

Olive Oil Garlic Sauce, Marinated Chicken Breast, New England Baked Ham, Fresh Green Spinach, Freshly Sliced Red Onions with Blended Cheeses

Asian Thai Chicken

Thai Peanut Sauce, Cheddar/Mozzarella Cheese, Marinated Chicken Breast, Freshly Sliced White Mushrooms, Red Onions, Green Bell Peppers & Freshly Cut Broccoli

Pizza Toppings

Med. \$1.50ea Lg. \$1.75ea Plus Tax

Italian Pepperoni
Hot Italian Sausage
Fresh Ground Western Beef
Cob Smoked Bacon
Marinated Chicken Breast
New England Baked Ham
Anchovy Fillets
Fresh Plum Tomatoes
Freshly Cut Broccoli
Fresh White Mushrooms
Fresh Green Spinach
Freshly Sliced Eggplant
Freshly Sliced Red Onions

Freshly Sliced Green Peppers
Marinated Sun Dried Tomatoes
Sliced Jalapeno Peppers
Roasted Red Peppers
Freshly Chopped Garlic
California Black Olives
Sweet Hawaiian Pineapple
Marinated Artichoke Hearts
Italian Gorgonzola Cheese
Greek Feta Cheese
Vegan Soy Cheese
Grated Parmesan Cheese
Flavorful Four Cheese Blend

Sides, Salads & Drinks

Breadsticks

Garlic \$3.75 Cheesy \$4.75

Fresh Salads

Garden \$4.75 Greek \$5.75

Drinks

20 oz. \$1.75
Pepsi, Diet Pepsi, Mountain Dew, Sierra Mist, Aquafina Plus Tax

Inspired Vegetarian

Med. \$13.50 Lg. \$16.95 Plus Tax

Vegan Salvation

Olive Oil Garlic Sauce, Vegan Soy Cheese, Fresh Chopped Spinach, Freshly Sliced Red Onions, White Mushrooms, Plum Tomatoes, Black Olives

Gorgonzola Gourmet

Olive Oil Garlic Sauce, Cheddar/Mozzarella Cheese, Green Spinach, Plum Tomatoes, Marinated Artichoke Hearts with Gorgonzola Cheese

Exotic Greek Island

Tomato Sauce, Cheddar/Mozzarella Cheese, Freshly Chopped Garlic, Freshly Sliced Red Onions, Green Spinach, Plum Tomatoes & California Black Olives with Greek Feta Cheese

Four Cheese Fusion

Olive Oil Garlic Sauce, Fresh Green Spinach, Fresh Plum Tomatoes with Mozzarella, Cheddar, Parmesan & Gorgonzola Cheeses

Pesto Feta Mediterranean

Basil Pesto Nut Sauce, Cheddar/Mozzarella Cheese, Sun Dried Tomatoes, Red Onions, Artichoke Hearts with Feta Cheese

Vegetarian Works

Med. \$13.50 Lg. \$16.95 Plus Tax
Tomato Sauce, Cheddar/Mozzarella Cheese, Freshly Cut Spinach, Broccoli, White Mushrooms, Green Peppers, Red Onions, Plum Tomatoes & California Black Olives



The Creative Quality Pizza

Free Delivery • Carry Out
MC/Visa/Amex/Disc. Accepted

UVM Dorms/S. Burlington/Winooski:

951-9000

Burlington:

862-7700

Order Online! www.leonardosonline.com

Senior Rugby Player Under the Knife

By Bobby Gaglini
Photo Editor

After four hours of head surgery and more than 100 stitches, senior rugby player Jake Spillane is recovering from an injury that was as frightening as it was fluky.

During the Sept. 18 season opener for the men's rugby team against the U.S. Coast Guard Academy, Spillane and another teammate dove to tackle the same man at the same time. It was here, he said, that the freak injury occurred.

"We both went to tackle the guy, and his chin smashed into my forehead," Spillane said. "The injury just shouldn't have happened."

Injuries are common in rugby, a contact sport played without a helmet or any protective gear; however, injuries this acute are very rare, Spillane said.

Spillane's frontal sinus bone sustained many small fractures. Although none of the bone chips broke through the skin, or into his brain, there remained a half-dollar-size dent in his head.

"The frontal sinus bone sort of exploded," he

plained. "When I came off the field, one of our coaches made a 'tin man' reference and kind of just said, 'Yeah, that's a dent, all right.'"

Despite having a severe head injury, Spillane received only a mild concussion from the blow.

After being transported to Fletcher Allen, it was decided that Spillane would need surgery as soon as possible to fix the fractures. Two days after the injury occurred, he was under the knife of Dr. John Meara, the plastic surgeon-in-chief at Children's Hospital in Boston.

Meara did not respond to The Defender's request for an interview. His clinical coordinator, Alex Boison, explained that Meara's hourly monetary rate as an expert would be needed as compensation.

The surgery required Meara to cut across the top of Spill-



Photo by Bobby Gaglini

Post-injury, Spillane watches his teammates practice. He will be unable to play for at least the next 10 weeks.

ane's head to peel back the skin covering his skull and forehead, Spillane said. Once the fractures were visible, Meara attached the pieces of bone to a strip of mesh titanium that will remain attached to his frontal sinus for the rest of his life.

After the surgery, Spillane sported a zig-zag scar running from ear-to-ear across the top of his head, complete with 121 stitches.

"Afterward in the recovery room when I was coming out

of anesthesia, my dad said that I was re-

peating over and over, 'This sucks, this really really sucks,'" Spillane said with a laugh.

Because the intensity of the sport is so high, rugby is often viewed as the most dangerous of collegiate sports. However, it ranks behind football and hockey in terms of most injuries per capita, said Michael Ashooh, the St. Michael's men's rugby head coach.

A formal study by the American Association of Neurological Surgeons found that in 2009 there were fewer head injuries per capita throughout all age groups with rugby in the United States than were caused by football.

Football is more dangerous because players wear pads, allowing them to launch at an opponent at full speed, while rugby players use a more calculated tackling technique, Ashooh added.

"There are a lot of injuries in rugby," he continued. "Peo-

ple get stitching—they get cut. People can get concussions, but the players are very cognizant of all that."

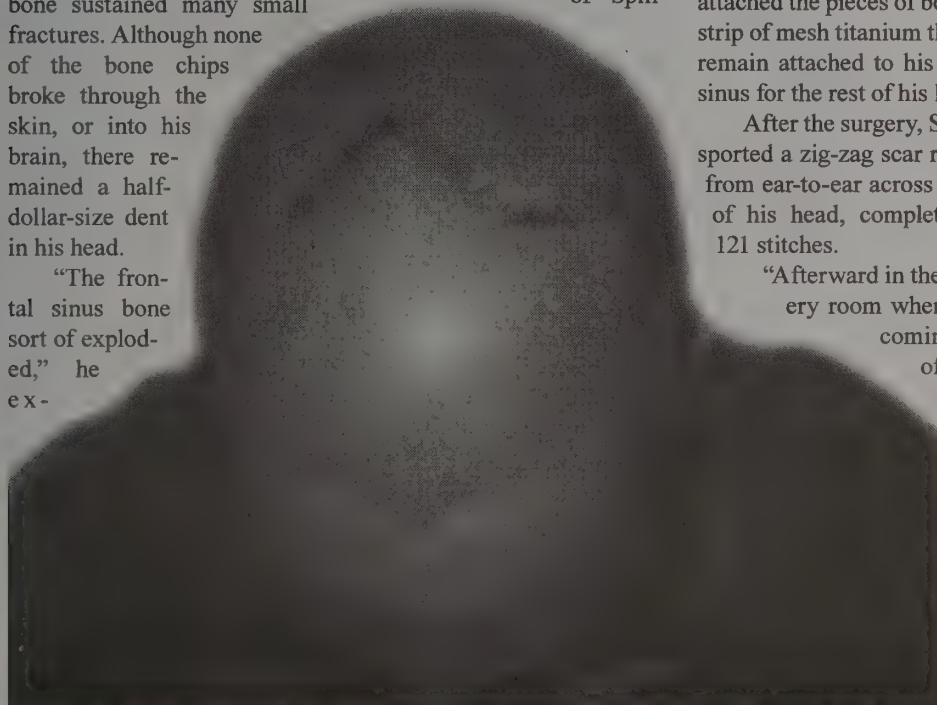
Doctors saw Spillane's injury as "a very fluky thing," Ashooh said. He hit his head at the right angle in the right spot to cause the damage.

When Spillane came out of the game, the coaches and other players could not grasp what they were seeing, Ashooh said.

"He was completely fine. He came out of the game on his own feet, and he didn't look concussed at all," he said. "All of us were sort of in shock. We had never seen an injury like that."

Along with the dent, swelling around the injury caused him to have the appearance of carrying a doughnut underneath his forehead, Spillane said.

(See SPILLANE page 22)



Spillane's scar after surgery.

Photo courtesy of Jake Spillane

FEATURES

Something New is Cookin' on Campus

By Rachel Stone
Staff Writer

Do you smell that? It's the new student-run business, Drew's Campus Cookin', filling the kitchens of townhouses at St. Michael's College with enticing aromas from chicken parmesan to Philly cheese steaks.

Senior Andrew Greco, the chef behind Drew's Campus Cookin', uses his own pots, ingredients and culinary skills he learned from his mom to make some extra money during his final year at St. Michael's.

"I really just didn't have a source of income and I wasn't going to ask my parents to support me," Greco said. "I knew it wasn't going to be much, it's just going to be some cash in my pocket for the weekends."

Through grade school, Greco said he rushed through his homework so he could contribute to his mom's preparation of family dinner.

Greco said he soon realized his passion for cooking could become profitable. He had previously worked in restaurant kitchens, most recently as a manager of The Window Café in Colchester, Vt. After being denied a

raise, he decided to bring his talent to the St. Michael's campus instead of continuing the management position at the café.

Katie Cassesse, a fellow senior and close friend of Greco's, hired him to cook eggplant rollatini for her and her roommates' weekly "family dinner."

"He was neat, friendly and very professional," she said. "It was a really good experience, I was really full afterwards and couldn't move for a couple of hours. It was definitely a better quality meal than our other family dinners."

Greco's professional work ethic extends beyond his performance for his customers. As the sole proprietor, he is also responsible for efficiently managing the finances behind the business.

His strategy for accurate financing is to keep the receipts from the grocery store in separate envelopes after purchasing ingredients for each meal. After dinner he collects cash from the customers and places it in the respective envelope. This way he knows how much profit he makes from each individual occasion.

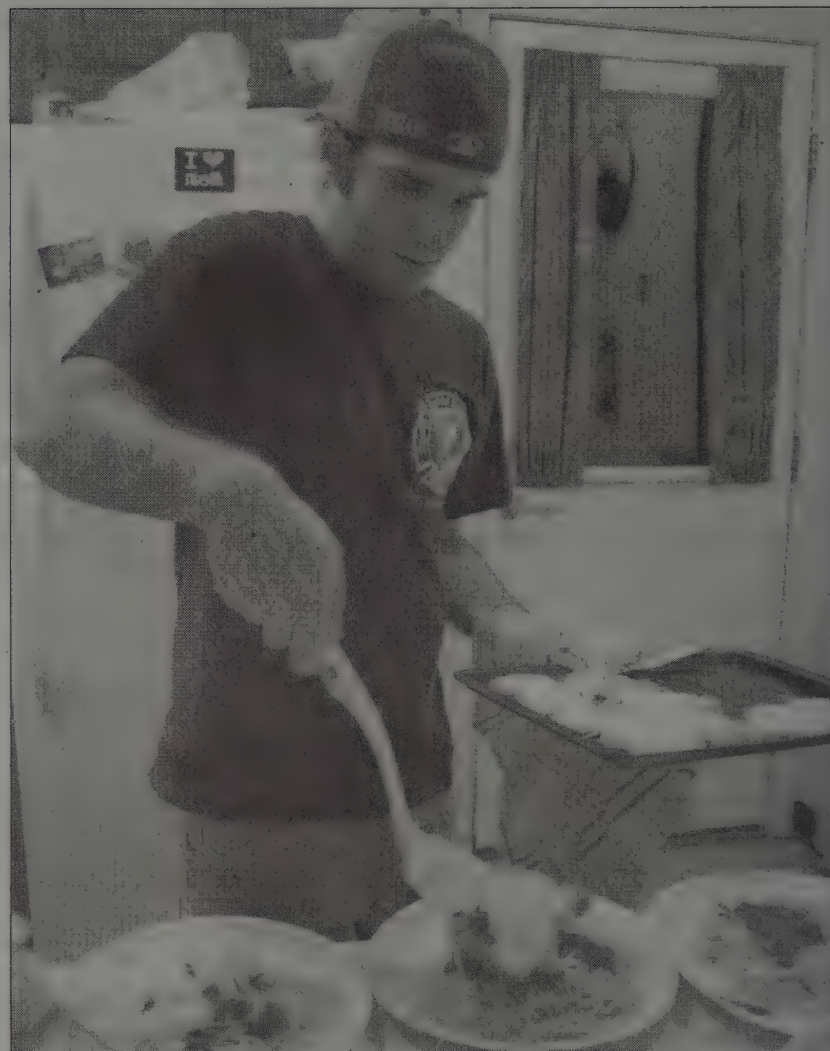
"I'm not making a lot of money, but at least I'm not losing any," he said.

Hired on only three separate occasions, Greco has made \$60 in total, roughly \$20 from each group. Even with the reasonable prices for his customers, Greco is able to produce a decent profit. While the cost of a generic sandwich and beverage from a local restaurant may come to \$10, Greco shops, cooks a home-style meal, and cleans for a similar, if not a lower, price.

"Not to toot my own horn, but it's pretty good!" Greco said.

Senior Matt Wolfe, a fellow campus entrepreneur, runs Wolfe's Tuning, a profitable seasonal business on campus that waxes and tunes students' skis and snowboards. Wolfe agrees that the most difficult part of owning a business on campus is advertising.

"It's word of mouth that is most effective, and seeing it in action. You just have to get your name out there, which



Greco cooks chicken parmesan in townhouse 212 on Oct. 14.

Photo by Lily Keyes

is the hardest part," he said.

Wolfe utilizes social media, flyers and email for advertising, as well as offering incentives and discounts to capture the attention of his target market. Advertising in the most creative way possible is the best way to develop loyal customers, he said.

While the process in the kitchen has been smooth, Greco said he has found advertising to be rather challenging. He promotes Drew's Campus Cookin' through a Facebook fan page. The page has a weekly menu, with a vegetarian option always offered, and

the opportunity to schedule appointments, ask questions, make suggestions or write reviews on the experience. Through this medium he has acquired 92 fans, but people outside of his close friends, who say it is a great idea, have not pursued it, he said.

Greco said he hopes that his business will grow on campus. Not only has he received cash for his culinary skills, sometimes he has been invited to stay for the dinner, while other times he even got to take home the leftovers.

This week's menu:

► Rosemary pork chops with rice and green beans. \$9

► Chicken alfredo over pasta with peas and mushrooms. . \$7

► Sausage and pepper sandwiches. \$6

► Drew's mac 'n' cheese. . . \$5

► Custom meals are priced by request

Student Songwriter Produces Music For A Greater Cause

By Elizabeth Murray
Staff Writer

Last year, while searching Craigslist for possible internships, junior Kristin Archambault, found an ad for a graphic design internship with Esente Music Group.

Archambault, an art major and manager of the St. Michael's ice hockey team, jumped at the opportunity.

"I want to do graphic design after school," Archambault said. "I was looking for a graphic design internship, and they had one open at this record company, and it was really cool because I love music."

Esente Music Group is an online company that uses digitally downloaded music to help raise drunk-driving awareness. All downloads are free.

As an intern, Archambault

was one of the executive producers for the CD "New York Rockers".

"I contacted New York-based bands and they submitted music for the CD, which was put in a compilation," Archambault said. "We worked with the bands to make drunk driving prevention ads."

Nicole Van Eden, the director of publicity for Esente Music Group, said she supervised Archambault and that hiring her was a "no-brainer."

"She had great ideas," Van Eden said. "She wasn't afraid to share them."

"We had a lot of participation because it was such a great cause," Archambault said.

"She handled everything very professionally," Van Eden said. "I think she learned a lot."

In her free time, Archambault writes music of her own.

Her inspiration comes from her life experiences, family, and friends.

"I found it's a really good outlet," Archambault said.

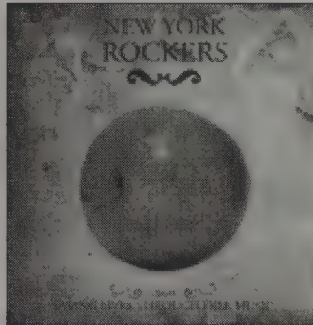


Photo courtesy of esentemusicgroup.com

Growing up, Archambault said she loved music. She often wrote poems when she was younger, she said.

"I recently started doing raps," Archambault said. "When I'm stressed out, I put it on paper and it kind of alleviates it."

Archambault mainly puts "beats" together on the computer program, Garage Band. At the end of last year, she put together a few songs for the seniors on the ice hockey team and played it in the locker room.

"It was funny because our team didn't really know that she made music and then she made a few songs about our team," said senior Emily Ham, one of Archambault's teammates. "She just was cracking jokes about people on our team and stuff like that."

Archambault describes her music tastes as "pretty eclectic" and says she listens to just about anything. If she had to isolate it, it would mostly be rap, hip-hop, and rock, she said.

"I've always known she's been really interested in music, because she always has her

headphones on," Meg Guarante, St. Michael's senior and teammate of Archambault, said.

In the future, Archambault hopes to open her own business and maybe even continue her internship with Esente Music Group.

"I eventually want to produce music and essentially do advertisement and graphic design work for bands and also help direct and film music videos," she said.

Both Guarante and Ham said they will definitely continue to support Archambault in the future.

"She puts so much into making her own music" Guarante said. "She's really passionate and committed to it. She still has potential to do a lot in the future."

Fusing Funk and Jazz

By Jim Hughes
Staff Writer

In the dark basement of Purtil Hall, a new band has stormed onto the scene. With its deep funk and jazz influences, Urban Cultural Attack is a fresh new face on the St. Michael's music scene.

The band has six members; Adam Messineo '12 and Graham King '14 on guitar, Sheila Leary '12 doing vocals, Paul Parker '13 on trumpet; Dan Bishop '13 and Sean Vallant '12 make up the rhythm section.

Last year the idea of a band had come up quite frequently among four of the members, but the idea never solidified.

"This year we sat down and were, like there are no real bands on campus right now," Messineo said. "If we get it together we could play shows all the time."

Urban Cultural Attack was created, like many bands, through friendship. All the members had been friends since they met and have found that being so close helps with their music.

"The first songs were grooves that me and Sean

had come up with, then Adam came in made them songs," said Dan Bishop, the band's bass player. Urban Cultural Attack quickly gained a fan base, drawing a large crowd to each of their shows, said Eric Hanko, co-president of Turtle Underground.

Leary has just begun voice lessons which will increase her presence on stage.

"She has a great sound and she works the crowd very well," Hanko said.

Unlike many other bands that have popped up around campus, Urban Cultural Attack boasts some unique instruments, including a trumpet. Parker, who is a member of the St. Michael's Jazz Ensemble, brings a vibrant sound to the table. Everyone in the band appreciates what Parker is able to give to them.

"We all listen to music with horn lines, and the horn brings the punch," Messineo said.

With each member coming from different backgrounds of music, the musical input and variety is rich and vibrant. Urban Cultural Attack is a band that is



Photo by Lily Keyes

Band members show off their balancing talents at McCarthy Arts Center

making a name for itself in the campus community.

"Our sound really depends on the song," said Bishop.

"With time they will be able to write some good music," Hanko said. "I'm very excited to see where they are going."

FEATURES

SPILLANE: Head Injury

(Continued from page 19)

Amanda Kaulins, a sophomore on the women's rugby team, said she understands the risk of injury, but lets the rush of playing take over during a game.

"For me, my adrenaline kind of kicks in," Kaulins said. "During the game, I'm really not afraid of getting hurt. I don't think about it, I'm just so excited to play."

There are differences between injuries that can be prevented and inevitable ones similar to what Spillane sustained, she added.

"To the people who think rugby is dangerous, I say they're right. It's a dangerous game, but if you prepare and practice the right way you can avoid some of the

injuries," Kaulins said. "But the type of injury Jake got seems sort of unavoidable."

Spillane said he cannot wait to get back on the rugby pitch, even though his parents do not want him to continue with the sport.

"It's not a personal challenge type thing, but I feel like I got robbed a little bit," Spillane said. "It's my senior year season. I can't stop playing now."

Receiving a fluke injury that could have been deadly actually entails a strange element of humor, Spillane said.

"It's one of those things you have to laugh off and accept," he said with a grin.

Sudoku

9	1	2			4			7
	8	4	7			9	2	
7						1		
						3	8	
			3					
	9	1	4	5				
		8		4				9
	7	9			3	6	5	
6			8			4	1	2

*The numbers 1-9 must appear in every row, column and box.

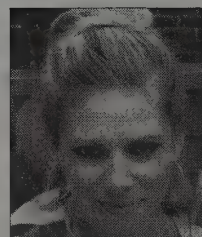
Campus SPEAKS

What did you want to be when you were little?
Now what do you want to be?



"When I was little I wanted to be an astronaut and a vet. Now I want to be an accountant."

Denise Belanger, '12



"When I was little I wanted to be a pizza delivery man. Now I want to be a corporate executive."

Peter Charette, '14



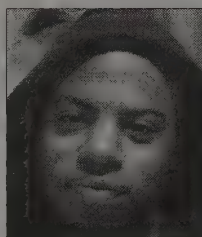
"When I was little I wanted to be a rock-star panda — don't ask. Now I want to be a lawyer in the non-profit field."

Joany Simonds, '11



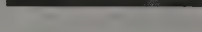
"When I was little I wanted to be an astronaut-cowboy-fireman. Now I want to be a therapist"

Michael Fay, '13



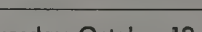
"When I was little I wanted to be a fire fighter. Now I want to be a marriage counselor."

Katie McBride, '12



"When I was little I wanted to be a ballerina. Now I want to be an economist."

Sara Vaclavik, '14



"When I was little I wanted to be an art teacher. Now I wish I knew what I wanted to be."

Kaiti Tuthill, '11



"When I was little I wanted to be a movie star and now I want to be a doctor."

Tyler Gillingham, '11



"When I was little I wanted to be a fire fighter. Now I would like to be a pilot in the U.S. Air Force."

Lakim Desir, '14

Horoscopes

By Eda Maria LaPlaca

Aries (March 21 - April 19) So you don't know what to do with the rest of your life. Time is on your side, but not for long. You might end up in mom and dad's basement for a while. You'll live.

Taurus (April 20 - May 20) There have been some major obstacles in your love life. Let go of past baggage. It might not be the easiest option, but follow your heart.

Gemini (May 21 - June 20) You have had to deal with some crazy people lately. Stay classy. Your enemies really need to check themselves.

Cancer (June 21- July 22) Let's face it, you are a total creeper. Stop Facebook-stalking and calling your crush from a private number. End the antics, crazy.

Leo (July 23 -Aug. 22) An old friend wants to make amends. Keep an open mind and give him or her a chance. You might quickly realize why they haven't been a part of your life... or you might have a new BFF.

Virgo (Aug. 23 - Sept. 22) You are over-indulging this week. You deserve it. Call Dominos, already. No judgement here

Libra (Sept. 23 - Oct. 22) The recent rain is a sign that you need to stay in. Take a hint from the gods and stop making a fool of yourself.

Scorpio (Oct. 23 - Nov. 21) Life has been pretty boring lately. You desperately need to spice it up. Let your hair down and go crazy!

Sagittarius (Nov. 22 - Dec. 21) Your positive energy is over-whelming. That being said, take it down a notch. Everything isn't always sunny and cherry. Accept it.

Capricorn (Dec. 22 - Jan. 19) There is something on your mind. You need to go for it. Don't let anything stand in your way. You can do this.

Aquarius (Jan. 20 - Feb. 18) You are over-dramatic. Sometimes you are too much to handle. Lower your voice and chill.

Pisces (Feb. 19 - March 20) Pisces you are just a bundle of fun. We love that about you. Keep it up!



Want to submit a cartoon or drawing? Send an e-mail to smerrill@smcvt.edu.

Knight of the Week: Nicholas Lemon

First-year | Exploratory | Hometown: Essex Junction, Vt.



Q: What super-power would you most like to have?

A: Changing shape.

Q: Biggest fear or phobia?

A: Time.

Q: Weirdest thing you've ever eaten

A: Lichen.

Q: What are you passionate about?

A: Literature and music.

Q: What is your earliest memory?

A: Swinging on my swing set in my backyard.

Q: If you could live anywhere in the world, where would you live?

A: Vermont.

Q: What would you be doing if you didn't have to work/go to school?

A: Playing guitar and climbing trees.

Q: What's your best scar story?

A: I cut my hand open trying to get all the sour out of a Warhead sour spray bottle.

Q: What celebrity would you like to meet?

A: Meryl Streep.

Q: Favorite thing about yourself?

A: I'm good at being me.

Q: What is your favorite bumper sticker?

A: The decked-out CO-EXIST.

Q: What is your favorite season, and why?

A: Fall because it smells awesome.

Q: What is the best dish you can cook?

A: Steak, rice and broccoli.

Q: Anything you absolutely refuse to do under any circumstance?

A: Go against my morals.

Q: Guilty pleasure?

A: Sleeping with lots of blankets when it's really, really cold.

Q: What part of society needs to be cleaned up?

A: The political part.

Q: If they made a movie about your life, who would play the lead role?

A: Elijah Wood.

Q: Most embarrassing moment ever?

A: Falling down the stairs at school and breaking my leg.

Q: Where is your bloodline originally from?

A: Germany and Poland, I believe.

ECONOMICS 101:

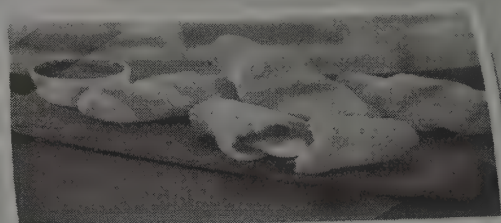
EAT CHEAP:

\$8 Medium Pizzas
up to 3 toppings

\$10 Large Pizzas
up to 3 toppings
Additional charge for Stuffed Crust & Extra Toppings

\$2 Specialty Pizzas
Additional charge for Premium Pizzas

TEXT "ROLLERS" TO
67463
FOR 4 FREE STUFFED
PIZZA ROLLERS
No Strings Attached



With prices like these, you can have Friday night flavor any day of the week.

MEDIUM PIZZA

\$6

Up to 3 toppings
(Make it a large for \$2 more)

EXP. 12/31/10
One coupon per person per visit. Not valid with any other offer. Extra charge for additional toppings. Price does not include sales tax or delivery charge. Valid at Capital Pizza Huts. C61

WINGS

50¢ EACH

Available on select wing counts

EXP. 12/31/10
One coupon per person per visit. Not valid with any other offer. Price does not include sales tax or delivery charge. Valid at Capital Pizza Huts. C62

LUNCH BUFFET

\$4

Unlimited Lunch Buffet

EXP. 12/31/10
One coupon per person per visit. Not valid with any other offer. Price does not include sales tax. Valid at Capital Pizza Huts. Dine-in only. C63

PIZZA & WINGS

\$14

Medium pizza, up to 3 toppings and 8 wings

EXP. 12/31/10
One coupon per person per visit. Not valid with any other offer. Extra charge for additional toppings. Price does not include sales tax or delivery charge. Valid at Capital Pizza Huts. C65

ROLLERS & WINGS

\$10

Add 4 Stuffed Pizza Rollers & 8 wings to any order

EXP. 12/31/10
One coupon per person per visit. Not valid with any other offer. Price does not include sales tax or delivery charge. Valid at Capital Pizza Huts. C64

WINGS & STICKS

\$8

Get 8 wings & 5 breadsticks

EXP. 12/31/10
One coupon per person per visit. Not valid with any other offer. Price does not include sales tax or delivery charge. Valid at Capital Pizza Huts. C66

ON & OFF CAMPUS DELIVERY / CARRYOUT / DINE-IN
1 David Dr. - 802.878.0101



Order online at pizzahut.com
For more special offers:
www.tiredofcheesymac.com



Photo by Bobby Gaglini

Players showcase their skills during men's ice hockey tryouts on Friday, Oct. 15. As many as 40 skaters will not make the team, leaving them the option to join Full Stride, an adult ice hockey league in So. Burlington.

When Junior Varsity Just Doesn't Cut it

St. Michael's men's hockey players seek more ice time through Full Stride

By Lily Keyes
Photo Editor

Weeks before St. Michael's men's ice hockey tryouts, senior Michael Herring put together a team to play in the Full Stride recreational ice hockey league in South Burlington. Several other St. Michael's students are also opting to get their hockey fix through Full Stride instead of, or in addition to, playing on the junior varsity ice hockey team.

"I had a great time playing JV hockey," said Ross Marcotte, '10, who played junior varsity at St. Michael's last year. "Overall, just the lack of game time we got was the real turn off for me."

Marcotte and Herring, dissatisfied with the mere three junior varsity games scheduled last season, decided to double up on hockey, playing both with St. Michael's and

with recreational teams.

It seems as though the athletic department has taken a minimalist approach to arranging games for the junior varsity team, Marcotte said.

"I trust them for the most part, but it's still frustrating," he said, explaining that he had to sell \$100 worth of raffle tickets just to try out for the team.

Another student, who asked to remain anonymous due to the upcoming tryouts, explained the frustrations of playing on the junior varsity ice hockey team at St. Michael's. "It's been almost like a student-led organization for the most part," this senior said. "They're trying to do more this year. A lot of students push for more games and practice times that don't get over at midnight."

Although junior varsity coach Lou DiMasi III did not

respond to requests for an interview, Herring said there are six games scheduled for the junior varsity team this season. Still, he said this does not compare to the roughly 65 games a year he played in the American East Hockey League when he played junior hockey before starting at St. Michael's. He took matters into his own hands, he said, turning to Full Stride to get more games for his money.

It costs \$2,400 for a team through Full Stride, Herring said, which works out to about \$220 for each member of the team. He and previous Full Stride players have put together a Division II team of 11 junior varsity players and friends.

Dan McFall, a former defenseman for the NHL's Winnipeg Jets, said he started Full Stride in 1998 for adult beginner players. Today, Full Stride caters to youth leagues as well

as adult and co-ed leagues of all experience levels, he said. Adult leagues, which offer weekly games, guarantee a lot of ice time, Marcotte said.

"Any excuse to get off campus and play hockey on a Sunday night is a good excuse," Herring said.

The adult league is made up of six divisions and includes a variety of co-ed teams, as well as diversity in ages and skill levels. There is a National Guard Team as well as the Shanks, a group of men living in the Burlington area who played high school hockey together years ago, McFall said. While Full Stride is competitive, he said its best attribute is the camaraderie players get from being on the team.

"I like that we're able to accommodate college kids that are willing to go out and have fun with it," McFall said. The young St. Michael's players

are good for the leagues, he added.

"Junior varsity has tryouts, organized practices, the whole nine yards, but your spot is never safe," Herring said.

Marcotte observed that recreational leagues provide an atmosphere with a much more relaxed style of hockey than you would get on a junior varsity team.

"I have heard that there is more of a teacher outreach this year," Marcotte said. "Zaf Bludevich [senior associate athletic director] is trying to get more involved with helping the JV hockey team in a way that hasn't happened in the past," he said.

For now, though, members of the junior varsity team are looking outside of St. Michael's to get the ice time they crave.

SPORTS

Men's Basketball Team Reconstructed

Four players leave the team to pursue alternate ambitions

By Kayla Norris
Sports Editor

The roster of the 2010-11 St. Michael's College men's basketball team may surprise some fans because it has changed dramatically since last season.

Not only is there a new head coach, but senior Gael Shungu and juniors Qua'ron Pinckney, Sam Cieplicki and Alex Berthiaume have all left the team for various reasons.

Shungu is pursuing a business major and a global studies minor and has an opportunity for a business-related job with a schedule that will conflict with the basketball season, he said.

"Although it's my last year, I couldn't pass up these job opportunities that I have," Shungu said. "It's a great connection and obviously I can't play basketball at the same time."

Pinckney, a journalism major with double minors in marketing and psychology, said basketball had lost some of its appeal for him and he now wants to put more focus on academics. In May he had signed a letter of intent to play this season.

"My decision was a bit tougher because I was on full scholarship, but I still decided to leave the team because I really wasn't happy playing basketball anymore," Pinckney said. "I worked out with the team for the first couple of weeks to give the new system and the new coach a chance,

but it really wasn't working for me."

Cieplicki transferred and is now playing basketball at New York University and was not available for comment. Berthiaume declined to comment due to what he said were personal reasons for leaving the team.

Pinckney and Berthiaume were both recruited as part of the class of 2012 and were playing on full scholarships. Pinckney's scholarship runs out after this semester and he is currently searching for financial aid for the remainder of this year and for next year, he said.

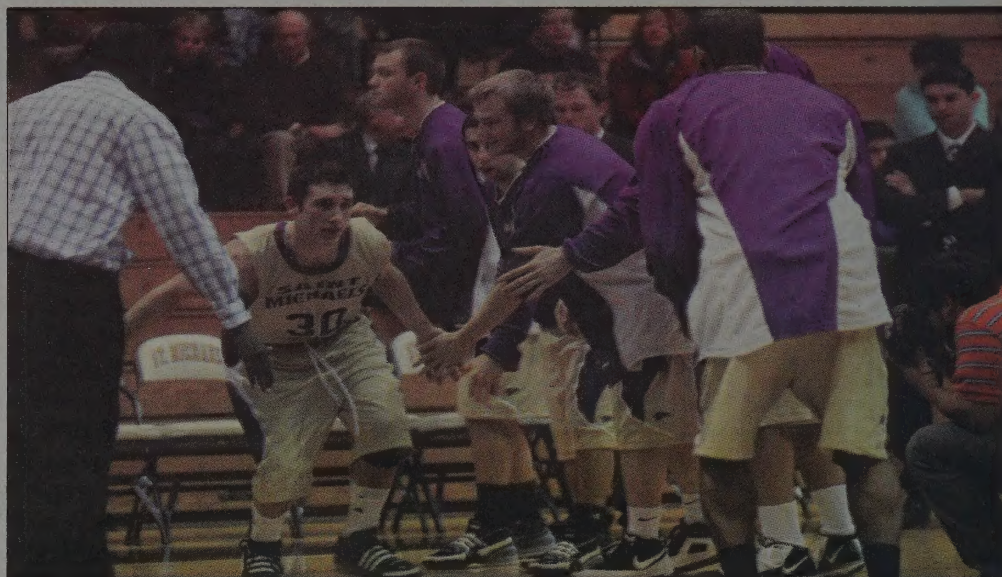
"It definitely is an interesting process," Pinckney said. "I have a lot of support from a lot of staff and faculty members on campus about my decision, and they don't want to see me leave St. Michael's until I graduate."

Head coach Michael Harding said that each of the players left for his own reasons. They made mature choices that will prepare them for the future, he added.

Harding will be coaching his first season at St. Michael's this winter, replacing Tom O'Shea, who had been the head coach of the Purple Knights for the last 13 years.

The team will consist of 11 players, including two walk-ons: senior Matt Natoli and sophomore John Reiser, Harding said.

"The three senior captains [Nate Birr, Chris Hurley and Sebastian Brandstetter] are really holding the team to



Photos by Pete Estes

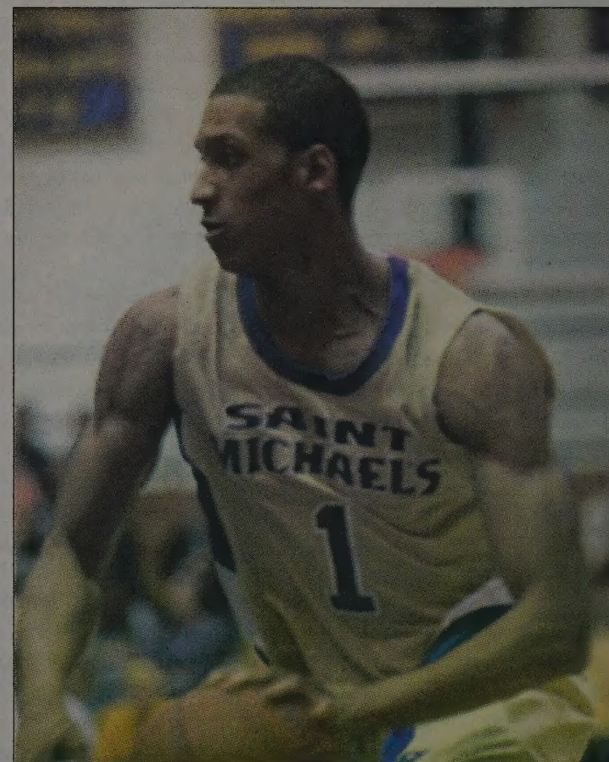
Above: Alex Berthiaume starts a game during the 2009-10 season; he only played in 11 games due to an injury. Below: Qua'ron Pinckney drives to the basket in the 2009-10 season. Pinckney was the third highest scorer of the season.

high standards," said Harding. "They've done a great job of bringing our team together."

Both Shungu and Pinckney said that they plan to play intramural basketball this winter and will be at the games cheering on their former teammates. Shungu stressed that he has high expectations because of the hard work the team put in this summer.

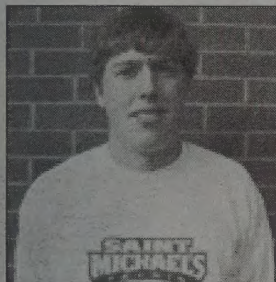
In the 2009-2010 season the men's basketball team finished with a record of 9-17 (5-17, NE-10). Practices officially started Oct. 15, and the team's first game will be an exhibition versus the UVM at Patrick Gymnasium on Nov. 6.

"Basketball will always be a game that I love to play," Pinckney said. "But right now we just had to part ways so I can focus more academically."



Athlete of the Week - Kenny Vassallo

Men's Tennis | Sophomore | Wilmington, MA | History



Why Vassallo?

He won singles and doubles matches, leading the Knights to their only win this fall and was named to the NE-10 weekly honor roll.

Started Playing: Eighth grade.

Favorite Sports Team: Boston Celtics.

Song most played on iPod: "Can't You See" by Kid Rock.

Favorite Movie: "3:10 to Yuma."

Favorite Allot Meal: Enchiladas.

Favorite St. Michael's Sports Moment: Introducing the team motto "Ball Don't Lie."

Goal for the season: Finish top five in the NE-10 and win the league.

This Week's Schedule

► Tuesday, Oct. 19:

Golf @ NEIGA Championship, Brewster, Mass., (Day 2), TBA
Women's soccer @ St. Rose, 5 p.m.
Field hockey @ St. Anselm, 3:30 p.m.

► Wednesday, Oct. 20:

Men's soccer @ Merrimack, 7 p.m.
Volleyball vs. Southern New Hampshire, 7 p.m.

► Friday, Oct. 22:

Women's cross country hosts St. Michael's Invitational, 3:30 p.m.
Men's cross country hosts St. Michael's Invitational, 4:15 p.m.
Volleyball @ Hunter, 6 p.m., then @ St. Lawrence, 8 p.m. as part of the Skidmore Classic, Saratoga Springs, N.Y.

► Saturday, Oct. 23:

Field hockey vs. UMass-Lowell, 1 p.m.
Volleyball @ Skidmore, 10 a.m., then @ Cazenovia, 12 p.m. as part of the Skidmore Classic, Saratoga Springs, N.Y.

► Sunday, Oct. 24:

Men's soccer @ New Haven, 11 a.m.
Women's soccer @ New Haven, 1:30 p.m.

Knight Writer

By: Kayla Norris



Professional Athletes Stand Up for a Cause

Every October, men and women don the color pink in support of efforts to prevent and cure breast cancer. Since its beginning in 1985, National Breast Cancer Awareness Month has been recognized by major businesses involved in the fight to cure cancer.

The little pink ribbons are a small reminder of the massive number of people impacted by the disease, or who have had a loved one suffer from it. Many professional athletes now show their support by adding pink to their wardrobe during the month of October.

The National Football League (NFL) has supported breast cancer research by incorporating pink into its websites, graphics and advertisements. The players also wear uniforms splashed with pink accents to spread awareness about breast cancer.

According to www.Breastcancer.org: "About one in eight women in the United States will develop invasive breast cancer over the course of her lifetime." Statistics like this make it important for women and men to be informed on the topic.

Besides the NFL, most professional sports teams support causes only on specific days. Major League Baseball sup-

ports breast cancer awareness every Mother's Day, but does not do so during the awareness month. This might be because the baseball playoffs take place during October.

But why don't other professional teams take up a cause on a sustained basis and raise money, like the NFL does for breast care awareness? February is American Heart Month, April is National Youth Sport Safety Month, and September is Childhood Cancer Month, just to give three examples of worthy causes.

There are professional sports in season during all of these months, so why aren't the causes recognized? October is also Domestic Violence Awareness Month. And although it is fantastic that the NFL buys pink gear, couldn't it donate the money spent on its outfits to breast cancer awareness organizations?

At least professional football is doing something to get fans thinking about this cause and hopefully persuading them to become involved themselves. Perhaps others should do the same.

Kayla Norris is a senior journalism major. E-mail her with comments at knorris2@smcvt.edu.

Simon's Mobil

**Hours of Operation:
5 a.m. - 12 a.m. Daily**

(802) 655-2700

Coldest Beverages in Town!

Deli!

- Pizza
- Gyros
- Hot & Cold Subs
- Bakery
- Much More!

Beer Cave!

- Refrigerated
- Fully Stocked
- Variety of VT Brews
- Open until 12 a.m.

10% Off Deli for All Students and Faculty

Full Wine Selection!



Simon's
Mobil

